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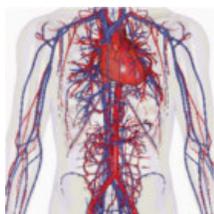
Special Events

Caregiver Connection
Wednesday, April 3rd 2:00 p.m.
Kathy Clark of Moxie Mobility Training, LLC will be leading a session for caregivers and their loved ones where they can share their challenges, learn solutions and strategies for overcoming obstacles while assisting your loved ones to age well.

If you cannot make it in person you can join live on Facebook. Facebook Live @Moxie Mobility Training, LLC. For more information contact Kathy at 508-450-6774 or kathy@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.

Understanding Vascular Disease
Monday, April 8th 1:00 p.m.
Stratton Danes, MD of The Vascular Care Group will help you learn symptoms, understand risk factors and gain valuable information regarding the wide array of treatment options available within the realm of vascular disease.



Cooking Demonstration
Tuesday, April 9th 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.

Titanic
Friday, April 12th 1:00 p.m.
Discover our own state's many connections to this familiar story. Get to know the Massachusetts residents who were aboard the Titanic on that fateful day in 1912. Learn how Cape Cod played a role in both the Titanic's rescue and recovery.



Robert Black performs the music of Elvis, Dean Martin & Roy Orbison
Friday, April 19th 1:00 p.m.
Robert Black is an award-winning tribute artist performing nationwide. Enjoy an afternoon of music as he delights with the music of: Elvis, known for his flamboyant personality, he will forever be the

King of Rock & Roll, Dean Martin, member of the Rat Pack possessing a natural charisma and velvety baritone and Roy Orbison known for his soaring voice the most operatic in rock music who will always be remembered for hit ballads of loneliness and heartache.



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

Irish Splendor
Monday, April 22nd 1:00 p.m.
Collette Tours will be making a special presentation of this exciting opportunity to travel to Ireland. Highlights of this excursion are Dublin, Christ Church Cathedral, Blarney Castle, Dingle Peninsula, farm visit, Cliffs of Moher, whiskey distillery and Castle Stay. A representative will be on hand to explain the trip, itinerary, pricing and other pertinent details.



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Coordinator
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, April 10th 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.

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 April 3rd.

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.

COA Book Club

Wednesday, April 17th 1:00 p.m.

The April selection will be *The Secret Life of Sunflowers* by Marta Molnar. When Hollywood auctioneer Emsley Wilson finds her famous grandmother's diary while cleaning out her New York brownstone, the pages are full of surprises. The first surprise is, the diary isn't her grandmother's. It belongs to Johanna Bonger, Vincent van Gogh's sister-in-law. Johanna inherited Vincent van Gogh's paintings. They were all she had, and they weren't worth anything. She was a 28 year old widow with a baby in the 1800s, without any means of supporting herself, living in Paris where she barely spoke the language. Yet she managed to introduce Vincent's legacy to the world. The inspiration couldn't come at a better time for Emsley. With her business failing, an unexpected love turning up in her life, and family secrets unraveling, can she find answers in the past? 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group	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 2:00 p.m. Caregiver Connection	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. Lecture: Vascular Disease	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 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 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 12:00 p.m. Lunch 1:00 p.m. Lecture: Titanic
15 PATRIOTS' DAY 	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 1:00 p.m. Book Club	18 9:00 a.m. Tai Chi, \$5 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. Concert
22 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Irish Splendor	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 12:00 p.m. Fall Prevention & Nutrition, 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 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 12:00 p.m. Lunch
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	<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>		

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Special Events Continued

Staying on Your Feet: Fall Prevention and Nutrition
Tuesday, April 23rd 12:00 p.m.
Take part in a nutritional lunch and light dessert while you listen to a lecture on the importance of nutrition's role in fall prevention. This program is being conducted by Rachelle Rogers, Prevention Outreach Coordinator from Southcoast Health. This is a great opportunity to learn about the background on the food you will be enjoying and find out how to make good substitution choices and perhaps get some tips on recipes and meal planning. Space is limited, call 508-748-3570 to reserve your spot.

Bingo
Monday, April 29th 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



Art Gallery

Fiber Art Exhibit
March 29th— April 24th
Opening reception—Friday,
April 12th 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.

Friday Flick

Weekend at Bernie's
Friday, April 5th 1:00 p.m.
Fun-loving salesmen Richard and Larry are invited by their boss, Bernie, to stay the weekend at his posh beach house. Little do they know that Bernie is the perpetrator of a fraud they've uncovered and is arranging to have them killed. When the plan backfires and Bernie is killed instead, the buddies decide not to let a little death spoil their vacation. They pretend Bernie is still alive, leading to hijinks and corpse desecration galore.



National Pretzel Day

Pretzel Facts:

- ◇ Pennsylvania is the center of American pretzel production for both hard and soft pretzels, producing 80% of the nation's pretzels
- ◇ The average Philadelphian consumes about twelve times as many pretzels as the national average
- ◇ The annual United States pretzel industry is worth over \$550 million
- ◇ The average American consumes about 1.5 pounds of pretzels per year

A bag of nice, crunchy salty pretzels or a big, warm, soft cinnamon pretzel is the question of the day. Either is an excellent choice.

Friday, April 26th 9:00a.m.—3:00p.m.
Stop by the Council on Aging and grab a bag!



Parkinson's Support Group

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

April 1st—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, or the Marion COA at 508-748-3570.



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.

Brain Builders

Just a reminder that there are four sessions left in the series.

April 5th & 26th
May 10th & 24th

Meetings are at 1:00 p.m.

Food Pantry Update

We could not be happier to witness the development of the new Damien's Family Food Pantry. Their new facility allows greater space for making food choices with increased freezer and cooler space for meats, produce and dairy. The location is conveniently located on route 6, just a few miles down the road. With this opportunity we feel it is the right time to cease operations of the Marion Community Food Pantry. It has been a privilege to help play a part in supplying access to food during the pandemic and as we experienced skyrocketing prices at the grocery store. If you find yourself in an emergency food crisis, you can always reach out to us for assistance. Thank you to the volunteers and donors who made this venture so successful.

We have applications for Damien's Place at the Community Center and we can offer transportation to visit there on Thursdays, call 508-748-3570 to arrange. If you are interested in volunteering visit: www.damiensfoodpantry.org or call 508-295-3486.



April Menu

April 1st – Chicken Chow Mein
Sandwich with Garlic Green Beans

April 8th – Vegetable Soup with 1/2
Stuffed Pepper

April 15th – Closed in Observance of
Patriots' Day

April 22nd – Zuppa Toscana Soup
with Caesar Salad and Garlic Bread

April 29th – Caprese Grilled Cheese
Salad with Kale & Brussel Sprout
Salad

April 3rd – Chicken, Spinach and
Orange Salad with Feta

April 10th – 1/2 Grilled Turkey,
Provolone, Spinach & Red Pepper
Sandwich with Cole Slaw and
Chips

April 17th – Cabbage & Sausage
Soup with 1/2 Ham Salad
Sandwich

April 24th – Greek Salad with
Chicken

April 5th – Meatball Sandwich with
Pasta Salad

April 12th – Asian Pork Tenderloin
Salad

April 19th – Swedish Meatballs
with Egg Noodles and Vegetable

April 26th – Shepherd's Pie



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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A Bristol County Celebration of Seniors

Friday, June 14, 2024
9am-12pm
White's of Westport
Save the Date



Come for breakfast, resource fair and presentations on issues important to seniors.

The Council on Aging will be providing transportation, call 508-748-3570 to reserve a space.

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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