



Special Events

Bird Nests: Building for the Next Generation

Monday, June 3rd 1:00 p.m.
 Doug Lowry, Senior Teacher Naturalist for the Southeast Region/Mass Audubon will be on hand to talk about our feathered friends. Shelter, and its benefit of providing safety for raising young, is essential for all living things. Bird nest design and construction are as innumerable and unique as their builders. We will talk about all kinds of bird nests and how they assure the continuation of future generations. We will explore nest site choices, architecture, assembly and the importance they play in courtship and bonding, all the while celebrating a metaphor or two. Doug will also be bringing some spectacular nests for us to get an up close look at.



A Look Back at Howard Johnsons

Friday, June 7th 1:00 p.m.
 Boston Historian, Anthony Sammarco, will recount the days when Howard Johnsons served up twenty-eight flavors of ice cream, tender sweet clam strips, grilled frankforts and a menu of delicious and traditional foods that families flocked to their establishments for.



Turtles in Your Neighborhood

Monday, June 10th 1:00 p.m.
 Join Krill Carson, Marine Biologist and NECWA President, to learn about the different types of turtles that live in our neighborhoods. We will discover which turtles are found in New England, their habitats and what makes each one of them unique.



Cooking Demonstration

Tuesday, June 11th 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.



A Bristol County Celebration of Seniors—Hosted by: Coastline

Friday, June 14th
 9:00 a.m.– 12:00 p.m.
 White's of Westport
 Coastline and the Bristol County District Attorney's Office is pleased to invite members of the community to join them for their Annual Breakfast and Resource Fair. Marion Council on Aging is offering transportation, please call 508-748-3570 to reserve a spot. If you are going on your own you must RSVP for the breakfast by calling the District Attorney's Office at 508-961-1972.



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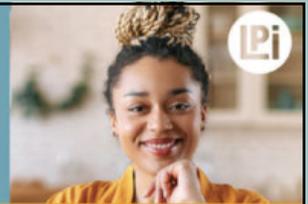


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Marion Council on Aging, Marion, MA 06-5128

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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.

Special Events

Summer Concert Series
Friday, June 14th 1:00 p.m.
Enjoy good music, good friends and good times with Dave Valerio outside under the pavilion.



Art For Your Mind with Jill Sanford:
Norman Rockwell Remembered
Monday, June 17th 1:00 p.m.

Experience a selection of beloved Rockwell images—from his familiar, humorous illustrations to his lesser-known, serious social statements. See how surprisingly sophisticated his paintings are while learning about his techniques and inspirations.



Plymouth County Mosquito Control Project
Friday, June 21st 1:00 p.m.
Erin and Blake from Plymouth County Mosquito Control Project will be present to educate on the importance of protecting yourself from mosquitoes and ticks. You will learn how to choose the most effective repellents, learn what objects to remove in and around your property that hold water and learn about the diseases that they carry. Bring your questions.



Need a Charlie Card?
Monday, June 24th
11:30 a.m. – 1:00 p.m.
A representative from SRTA will be on hand to assist you in obtaining a Charlie Card. Please call 508-748-3570 with any questions.



MASSBAR Association 2024 Elder Law Program

Tuesday, June 25th 1:00 p.m.
Attorney Ashley Evars Bruninghaus will discuss various topics from the latest edition of the Elder Law Education Guide. This is a valuable opportunity to come and learn about topics that could affect your life. Register for this program by calling 508-748-3570. The first twenty participants to sign up will receive a complimentary copy of the 2024 Elder Law Guide.

Cut the Cord
Friday, June 28th 1:00 p.m.
Sarah Canning of Gadgets Made Eazy will explain what cutting the cord is and how it works, as well as the devices needed and the streaming services that are available. She will discuss free services, discounts for internet, internet options and device options for replacing your cable box. Most of her clients save an average of \$2,000 per year.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Birds and their nests 1:00 p.m. Parkinson's Support Group	4 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	5 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	6 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	7 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: Howard Johnsons
10 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Turtles	11 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	12 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	13 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	14 9:00 a.m. Bristol County Celebration of Seniors 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: Dave Valerio
17 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Art For Your Mind—Norman Rockwell	18 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 1:00 p.m. Caregiver Support Group	19 Closed in Observance of Juneteenth 	20 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	21 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: Mosquitoes & Ticks
24 10:00 a.m. Yoga, free 11:30 a.m.—1:00 p.m. Charlie Card 12:00 p.m. Lunch 1:00 p.m. Bingo, \$	25 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 1:00 p.m. Lecture: MASSBAR Association—Elder Law Guide	26 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	27 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	28 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: Cut the Cord
<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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National Chocolate Pudding day

Wednesday, June 26th
9:00a.m.—3:00p.m.

Puddings can be traced all the way back to the 17th Century. At that time it resembled more of a moist cake. The creamy, smooth texture that melts in your mouth that we are familiar with came to be in the mid-19th Century. Stop by the Council on Aging and indulge in a cup.



Bingo

Bingo
Monday, March 25th 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.

COA Book Club

Wednesday, June 26th 1:00 p.m.
The June selection will be *The In-Between: Unforgettable Encounters During Life's Final Moments* by Hadley Vlahos, R.N. This best seller recounts the most impactful experiences the author had in her work as a hospice and palliative care nurse. Written with profound insight, humility and respect, it is a heartrending memoir that shows how caring for others can transform a life, as it did for the author, while also offering wisdom and comfort for those dealing with loss, as well as providing inspiration for how to live now. Call 508-748-3570 to reserve a space. Books can be checked out and returned to the library. The book club is organized and led by The Friends of the Elizabeth Taber Library.

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

Stop in and check out the rotating exhibits of local artists that brighten the walls of the Community Center.



Parkinson's Support Group

June 3rd—Guest Speaker: Janessa Carvalho, Psychologist Strategies to overcome cognitive and behavioral difficulties in PD
July 1st— Guest Speaker: Jessica Howard from Heron Center in Westport— Dancing with Parkinson's
August 5th—Guest Speaker: Abigail Woltman of the Michael J. Fox Foundation

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.

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 9:00a.m.—11:00a.m. the Public Health Nurse offers the opportunity to drop off sharps and collect a new container. Next collection date is June 5th.

Thank you to the Friends of the Marion Council on Aging for their continued support and sponsorship of programs and events at the Council on Aging. Visit their website to become a member www.fmcoa.org

Memory Cafe

Waterfront Memory Cafe

Wednesdays

1:00 p.m.—2:00 p.m.

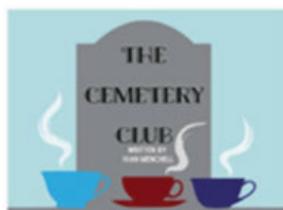
An engaging gathering for individuals with memory loss and their care partner. Enjoy an afternoon of conversation with some new and old friends and take in some music, play a game or a different form of entertainment. If you would like to join us for lunch beforehand, please make lunch reservations **48 hours in advance**. Register to attend by calling Linda at 508-748-3570.



Newport Playhouse

Thursday, June 20th

We will be enjoying a production of “The Cemetery Club”, a comedy about three widows that visit their husbands graves once a month...and a potential budding romance—that will soon be squashed. We will be departing at 10:30 a.m. and returning at approximately 5:00 p.m. Cost of the trip is \$103.00 and includes transportation, driver gratuity, buffet, the play and a cabaret show. Call 508-748-3570 to reserve your spot, space is limited.



Caregiver Support Group

Tuesday, June 18th 1:00 p.m.

Nicole Botelho, CDP (Certified Dementia Practitioner), Area Director of Operations for Kaplan Development Group will be leading a Caregiver Support Group for members of the community who find themselves in a caregiving role. Nicole is a practitioner and professional leader with extensive experience working with patients and family members. Come and listen, offer advice, share experiences, gain knowledge and a sense of community knowing that you are not alone. Bring your concerns and topics.



June Menu

June 3rd – Stuffed Zucchini and Pasta with Garlic & Cheese

June 10th – Cheeseburger Quesadillas

June 17th – Roast Vegetable Sandwich with Parmesan Tater Tots

June 24th – Meatloaf Sandwich with Coleslaw

June 5th – Italian Sub

June 12th – Baked Chicken Marsala, Roasted Potatoes and Zucchini

June 19th – Closed in Observance of the Juneteenth Holiday

June 26th – Chicken Nicoise Salad

June 7th – Celery, Leek & Potato Soup with 1/2 Turkey Reuben

June 14th – Portuguese Cacoila Sandwich with Potato Salad

June 21st – Chicken Noodle Soup with 1/2 Ranch Turkey Club

June 28th – BBQ Chicken, Mac & Cheese and Green Beans

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.



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Day Trips

The Spirit of Boston — Thursday, July 25th 9:15 a.m.—5:45 p.m.

Step aboard the “Spirit of Boston” for an afternoon of unparalleled harbor cruising fun on historic Boston Harbor. This luxurious 2 hour cruise features live entertainment—you’ll dine, dance, enjoy star-quality entertainers and breathtaking views. On board, you’ll enjoy an outstanding buffet luncheon, all freshly prepared onboard in the ship’s galley. After the cruise, we make a stop in Boston’s Faneuil Hall for free time and shopping.

Tanglewood on Parade— Tuesday, August 6th 8:30 a.m.—8:30 p.m.

Our first stop of the day will be at the Red Lion Inn for lunch. You will have a choice of roasted haddock, pot roast or chicken pot pie. The meal will also be served with a salad, chef’s choice of potato, vegetable and dessert. Then we are off to Tanglewood for two one hour performances. Tanglewood on Parade is your chance to experience offering from the Boston Pops, the Boston Symphony Orchestra and the Tanglewood Music Center Orchestra. Stepping up to the podium will be Keith Lockhart, John Williams and Anna Rakitina. You must reserve early for this trip—the last day to reserve will be July 6th.

These trips are being operated by Bloom Tours. These trips are being offered at the discounted rate of \$95.00 thanks to the generosity of the Friends of the Marion Council on Aging. Marion residents will have until June 7th to register for these trips and then registration to neighboring towns will be accepted.

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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