



Special Events

Plymouth County District Attorney Timothy J. Cruz and the Plymouth County Comfort Dogs Monday, July 8th 1:00 p.m. D. A. Cruz will update us on the latest financial scams and schemes that his office has been seeing. You will learn tips and vital information to help you keep yourself protected. He will also talk about the special guest from the Plymouth County Comfort Dog Program, that he founded. There are so many benefits a comfort dog provides to both the community and law enforcement.



Paint Party with Lidia Tuesday, July 9th 12:30 p.m. Come and join in the fun of creating your own masterpiece. Choose from the images below. Cost for the program is \$20.00, due at time of sign up. Call 508-748-3570 to reserve your spot.



Lunch & Learn Heat and its Effects on Older Adults Thursday, July 11th 12:00 p.m. Learn ways to stay safe during the Summer heat. What increases your risks? Know the symptoms when your body is overheating. Find out the guidelines for proper hydration and create a heat action plan. We will also touch upon bug bites, treatments and relief that could be administered. Come meet some of Marion's Fire/EMS team while enjoying a light lunch and learning ways to stay healthy. Call 508-748-3570 to make your reservation by July 5th.



Summer Concert Series Friday, July 12th 1:00 p.m. Enjoy our outdoor summer concert series with the music of Rebecca Pink. Our summer concert series is held outside under the pavilion. Drop by and enjoy good music, good friends and good times!



Harp Performance by Susan Wright Regan Monday, July 15th 1:00 p.m. Susan had a fabulous career as a professional dancer and dance studio owner. Since retiring, she realized her dream of playing the harp. She proves that anyone can take on a new endeavor at any time. Come enjoy the beauty of Susan's performance and hear some words of wisdom from her.



Cooking Demonstration Tuesday, July 16th 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.



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Special Events

Council on Aging Staff:

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Paul Garib, Van Driver
Paul Thomas, 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.

Summer Concert Series

Friday, July 19th 1:00 p.m.

Enjoy our outdoor summer concert series with the music of Lady "D" Andrade. Our summer concert series is held outside under the pavilion. Drop by and enjoy good music, good friends and good times!



Moxie Mobility Training, LLC

Caregiver Connection

Monday, July 22nd 1:00 p.m.

Come share your challenges. Learn solutions and strategies for overcoming obstacles to Aging in Place. For more information contact: Kathy Clark, 508-450-6774.

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.

The Great Molasses Flood

Friday, July 26th 1:00 p.m.

Turn the calendar back to that fateful day in January 1919 in Boston. Explore the city before, during and after a steel tank ruptured, releasing two million gallons of molasses into a vibrant North End neighborhood. Remember the victims and celebrate the survivors of this tragedy. You will view primary source documents that few people have seen.



Quilt Show

Wednesday, July 31st 9:30 a.m.

The Bayberry Quilters of Cape Cod will be hosting a quilt show at the Cape Cod Technical School in Harwich. You will be able to take in a quilt exhibit, browse the merchant mall, enter into a quilt raffle, attend lectures and demos, visit the quilts for sale and the handmade boutique. Also, at the venue will be food trucks and a sitting area to grab a bite to eat. Admission to the event is \$12.00. To reserve your spot on the bus, call 508-748-3570 beginning July 10th.



Bingo

Bingo

Monday, July 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 game.



Chicken Bake

Marion Social Club's Annual Chicken Bake is set for Sunday, August 18th at 1:00 p.m. Contact the Council on Aging office for more details and when tickets will become available.

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	4 9:00 a.m. Tai Chi, \$5 suggested donation 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: Scams & Schemes	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 12:30 p.m. Paint Party	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 suggested donation 12:00 p.m. Lunch & Learn, reg. req. 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. Concert: Rebecca Pink
15 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Concert: Harp Performance	16 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 12:00 p.m. Cooking Demonstration, reg. req	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 suggested donation 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: Lady D—Darlene Andrade
22 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Caregiver Connection	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 1:00 p.m. Caregiver Support Group	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 suggested donation 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 1:00 p.m. Lecture: Great Molasses Flood
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 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 9:30 a.m. Trip to: Quilt Show 12:00 p.m. Lunch 1:00 p.m. Memory Café	<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 Give Something Away Day

Monday, July 15th

National Give Something Away Day

Most of us have the benefit of having way more than we need. This day is an opportunity to share some of our bounties. This is a day for everyone who cares. It is a time to give to friends, family and the less fortunate; practice mindful consumerism; raise awareness of our carbon footprint. Giving is selfless, it brightens another's day and makes a positive change and the rewards of giving go both ways. Here are some ways to recognize the day:

- ◇ Donate clothing to a thrift store
- ◇ Donate to a food pantry or little lending library
- ◇ Volunteer your time or skill
- ◇ Help a neighbor
- ◇ Give flowers away
- ◇ Give a compliment, words can be a gift too

To aid in cleaning out your closets and attics and eliminate clutter, we will begin accepting donations for the Friends of Marion Council on Aging Annual Yard Sale on this day. You may bring your items between the hours of 10:00 a.m. and 2:00 p.m. we request that only one box be donated at a time.



COA Book Club

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

The July selection will be *The Thursday Murder Club* by Richard Osman, in which a group of four friends in an upscale British retirement community meets weekly to discuss unsolved murders, when an actual one takes place on their very doorstep. Can they solve it? In addition to hidden clues and bitter-sweet memories, British humour is everywhere in this entertaining novel. Call 508-748-3570 to reserve a space. The book club is organized and led by The Friends of the Elizabeth Taber Library. Copies of this book are available there for you to check out.



Art Gallery

Mixed Media Exhibit

June 28th— July 24th

Opening reception—Friday,

July 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.



Parkinson's Support Group

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.

Technology Classes

Beginner Classes

1:00 p.m.—3:00 p.m.

Tuesday, August 6th

Android Class (maximum participants 6)

Wednesday, August 7th

iPhone Class (maximum participants 10)

Classes will be led by Kraig Perry.

For more information, or to Register for a class, call 508-748-3570.

Classes are made possible through funding provided by the MA Broadband Institute's Digital Equity Partnerships grant.



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.

Farmers Market Coupons

Coastline provides coupons to seniors to purchase fresh fruits and vegetables at local participating farmers markets. These coupons typically become available in July. Contact the Council on Aging at 508-748-3570 to confirm income eligibility and availability.

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.

LGBTQ + Supper Club

The LGBTQ+ Senior Supper Club will meet Wednesday, July 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.

Friday Flick

Senior Moment, Friday July 5th, 1:00 p.m.

After drag racing his vintage convertible around Palm Springs, a retired NASA test pilot loses his license. Forced to take public transportation, he meets Caroline and learns to navigate love and life again.

Caregiver Support Group

Tuesday, July 23rd 1:00 p.m.

Nicole Botelho, CDP (Certified Dementia Practitioner) 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.



July Menu

July 1st – Monte Cristo Sandwich

July 8th – Roast Beef Sliders with Potato Salad

July 15th – Kielbasa Pierogi Sauté

July 22nd – Tomato Basil Rotini Soup with Grilled Cheese

July 29th – Shrimp & Broccoli Scampi

July 3rd – Hot Dog with Chili Cheese Fries

July 10th – Pesto Mac n' Cheese with Garden Salad

July 17th – Chicken Parmesan Sandwich with Cauliflower Salad

July 24th – Tuna Salad Sandwich with Broccoli Salad

July 31st – Turkey Slaw Burger with French Fries

July 5th – Summer Fresh Bruschetta

July 12th – Roasted Vegetables over a bed of Rice Pilaf

July 19th – Tortellini Primavera

July 26th – American Chop Suey, Garden Salad and Caprese Garlic Bread

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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Day Trips

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. Then we are off to Tanglewood for two one hour performances. Tanglewood on Parade is your chance to experience offerings 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.

Foliage Turkey Train Tour— Thursday, October 17th 8:45 a.m.—7:30 p.m.

Take a beautiful scenic drive up to Meredith, New Hampshire where we will board the Turkey Train at the Hobo Railroad. This scenic train ride through the countryside is complete with a delicious full turkey dinner complete with all the fixin's provided by Hart's Turkey Farm. Following the train excursion we head to Moulton Farm, dating back to 1890 and with so much to offer—browse their farm stand, garden center or pick up a treat at their bakery. Marion residents will have until July 31st to register for this trip and then registration to neighboring towns will be accepted.

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.

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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