



Special Events

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 courtesy of Coastline, through funding provided by the MA Broadband Institute's Digital Equity Partnerships grant.



Summer Concert Series
Friday, August 9th 1:00 p.m.
Enjoy our outdoor summer concert series with the music of Tony Martin and Pat. Our summer concert series is held outside under the pavilion. Drop by and enjoy good music, good friends and good times!



Art For Your Mind
Appreciating Animals in Art
Monday, August 12th 1:00 p.m.
Animals have long been a powerful source of inspiration in art. From the mythical dragon and unicorn to the common dog, cat and horse—we'll observe the many ways artists have incorporated animal forms into their creations. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways.



Cooking Demonstration
Tuesday, August 13th 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.



UFOs & Spy Balloons in the News
Friday, August 16th 1:00 p.m.
Join podcaster paranormal enthusiast and Massachusetts native Christopher Torres as he takes you through the most recent developments on the topics of UFOs, on and off the record stories about UFOs and spy balloons and what we can expect next. Learn some interesting facts about things that are going on that we do not always know about.
This program is sponsored by the Friends of the Marion Council on Aging.



D.J. Jordan
Monday, August 19th 1:00 p.m.
D.J. Jordan will be here to play some of your favorite music and do some line dancing. Join us for a fun filled afternoon under the pavilion. Wear your dancing shoes and bring your requests!
This program is sponsored by the Friends of the Marion Council on Aging.



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Special Events

Council on Aging Staff:

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mpoznysz@marionma.gov
Linda Jackvony, Program
Coordinator
ljackvony@marionma.gov
Clark Gee, 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, August 23rd 1:00 p.m.

Enjoy a musical performance by Eddie Dillon. Originally from Boston, Eddie Dillon of Fairhaven, Massachusetts is a well-known entertainer and songwriter who has performed many years in Irish folk clubs and festivals throughout the Northeast. Dillon combines his instrumental virtuosity with a keen wit for an original and entertaining performance.



Peabody Essex Museum

Thursday, September 19th 8:30 a.m.

You will enjoy a one hour guided tour after which you will have some time remaining to explore some of the galleries more in depth. The galleries consist of collections of maritime, Asian exports, Native American and American. There is a café on site so you will be able to enjoy a light lunch at your leisure. The cost for this day is \$70.00— which includes transportation, admission to the museum and driver gratuity. Lunch is not included in the cost of the trip. Space is limited, call 508-748-3570 to secure your spot. The bus will be returning to Marion at approximately 5:00 p.m.

Upcoming

History of Beverly Yacht Club

Tuesday, September 17th 11:30 a.m.

Have you ever wondered what is happening in Marion's harbor? Please join the Marion Council on Aging for a tour of Marion's Beverly Yacht Club. Our speaker, Corinne Woodworth, a 20-year member of the Club, will give a presentation on its' history that began in 1872! The Club has been a testament to the love for sailing, boating and the open waters in Marion. A buffet lunch will be served. Transportation from the Community Center will be provided as there is no parking at the Club. Space is limited and you must register to attend. Please call 508-748-3570 to reserve your spot. This event is sponsored by the Friends of the Marion COA.



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>			<p>1 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group</p>	<p>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</p>
<p>5 10:00 a.m. Yoga, free 1:00 p.m. Parkinson's Support Group</p>	<p>6 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 1:00 p.m. Technology Class</p>	<p>7 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 1:00 p.m. Memory Café 1:00 p.m. Technology Class</p>	<p>8 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group</p>	<p>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. Concert: Tony Martin & Pat</p>
<p>12 10:00 a.m. Yoga, free 1:00 p.m. Lecture: Animals in Art</p>	<p>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 Demo. Reg. req.</p>	<p>14 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 1:00 p.m. Memory Café 5:00 p.m. LGBTQ+ Supper</p>	<p>15 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group</p>	<p>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: UFOs & Spy Balloons</p>
<p>19 10:00 a.m. Yoga, free 1:00 p.m. Concert: DJ Jordan</p>	<p>20 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 1:00 p.m. Support Group</p>	<p>21 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 1:00 p.m. Memory Café 1:00 p.m. Book Club</p>	<p>22 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group</p>	<p>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. Concert: Eddie Dillon</p>
<p>26 10:00 a.m. Yoga, free 1:00 p.m. Bingo, \$</p>	<p>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</p>	<p>28 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 1:00 p.m. Memory Café</p>	<p>29 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group</p>	<p>30 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</p>

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National Tell a Joke Day

Friday, August 16th

National Tell a Joke Day

Picture life without laughter, how bleak that would be. This is a great day to lighten up & laugh it up! Laughter is good for the soul, it is beneficial for our health. Laughter is contagious and the world can use more smiles and laughter. Stop by the COA office where the staff will regale you with some knee slappers sure to make you chuckle. We encourage you to come share a joke with us!



Bingo

Bingo

Monday, August 26th 1:00 p.m.

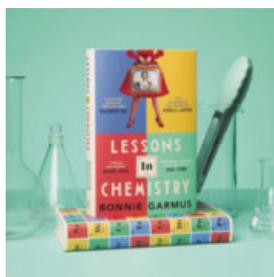
Try your luck in this game of chance. Cost to play is \$5.00 for a standard pack of play, \$1.00 coverall & \$1.00 50/50 game.



COA Book Club

Wednesday, August 21st 1:00 p.m.

The August COA Book Club selection *Lessons in Chemistry* by Bonnie Garmus was so popular that it was made into a TV show. Set in the 1960's, it features a talented young woman chemist, who struggles against male workplace discrimination. She triumphs over every unfortunate turn that life has in store for her and is eventually able to follow her dream. Call 508-748-3570 to reserve a space. The Book Club is organized by the Friends of the Elizabeth Taber Library.



Art Gallery

Monday Morning Artists

July 26th— August 28th

Opening reception—Friday, August 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.



Parkinson's Support Group

August 5th—Guest Speaker:

Abigail Woltman of the Michael J. Fox Foundation

September 9th— Guest Speaker:

Doug Watson

Doug will share his experience with DBS.

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.

Friday Flick

La La Land

Friday, August 2nd 1:00 p.m.

Sebastian and Mia are drawn together by their common desire to do what they love. But as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.



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. 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. Contact the Council on Aging at 508-748-3570 to confirm income eligibility and availability.

August Menu

August 2nd — Tacos

August 9th — Chicken Caesar Salad

August 16th — Meatball Sub

August 23rd — Cuban Sandwich

August 30th — Zucchini 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.

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, August 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.



Chicken Bake

Marion Social Club's Annual Chicken Bake is set for Sunday, August 18th at 1:00 p.m. Tickets are available at the Council on Aging office and are available for Marion seniors and they may bring one guest with them. The cost of the tickets are \$1.00 each.



Caregiver Support Group

Tuesday, August 20th 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.



Tax Relief

Applications become available for qualified Marion residents in September to receive relief on their property taxes through the Marion Community Fund from the Community Foundation of Southeastern Massachusetts. The deadline is early October. Stop by the Council on Aging office to pick up an application.



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Day Trip

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.

This trip is being operated by Bloom Tours. This trip is being offered at the discounted rate of \$95.00 thanks to the generosity of the Friends of the Marion Council on Aging.

Yard Sale

To aid in cleaning out your closets and attics and eliminate clutter, we have begun accepting donations for the Friends of Marion Council on Aging Annual Yard Sale.

We request that only one box be donated at a time. If you have any questions, please call 508-748-3570.



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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