



Special Events

Art For Your Mind
The Visionary Van Gogh
Monday, September 9th 1:00 p.m.
Take an in-depth look at the famously troubled, yet brilliant artist and his innovative paintings. Learn about the complex and unique choices he made, leading to his remarkable and lasting impact on the world of art. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see art in new ways.



Cooking Demonstration
Tuesday, September 10th 12:00p.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.



Lisa Yves Performs
Friday, September 13th 1:00 p.m.
Lisa Yves is a highly accomplished musician, vocalist, songwriter, producer, creator and mentor with a diverse range of experience in the music industry. She has been writing and composing musical theater songs for over three decades. Lisa has released over 10 albums of original music across various genres. Her work has been featured in numerous tv shows, including Blue Bloods, The Young and the Restless, General Hospital and Dolly Parton's Heartstrings. She has also performed with Keith Lockhart at Symphony Hall. Come and enjoy the great songs that Lisa will be performing outside in the pavilion. Some of those songs will be favorites made popular by Barbara Streisand and Frank Sinatra.

This event is sponsored by the Friends of the Marion COA.



Brain Builders Refresher Class
Monday, September 16th 1:00 p.m. & Friday, September 27th 1:00 p.m.
After a Summer break, Lisa wants to reinvigorate your thinking and memory skills with some entertaining activities. Classes this month will focus on practicing memory strategies in new and interesting ways. Challenge your skills in small groups, working with your peers to recall all kinds of information. Attended brain builders in the past? This is a great way to reinforce what you have learned. If you are a newcomer it is a great way to pick up some new memory skills. Call 508-748-3570 to reserve your space.

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. You must register to attend call 508-748-3570.

This event is sponsored by the Friends of the Marion COA.

Father and Son Handyman Services

We love small jobs, are punctual & reasonably priced

**ELECTRICAL • PLUMBING
CARPENTRY • PAINTING**

Call today for a free estimate

Wareham and the surrounding towns

BOB 808-220-6157 PHIL 781-808-1990



WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4ipi.com or
www.4ipi.com/careers

LET'S GROW YOUR BUSINESS

Advertise in
our Newsletter!

**CONTACT ME
Karen Fontaine**

kfontaine@lpicommunities.com

(800) 477-4574 x6350

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging,
ad-supported
print and digital
newsletters to reach
your community.

**OUR COMMUNITY
NEWSLETTER**
OCTOBER EDITION



Scan to
contact us!

Visit lpicommunities.com

Rest assured that they'll receive the best of care at Sippican Healthcare Center.

- Exceptional **short-term** rehabilitative care.
- Highest quality **long-term and respite** care.
- **Specialized** programs tailor-made by physicians.
- Personalized **therapy systems** - PT, OT and Speech.
- **Comprehensive care** for patients suffering with COPD and respiratory distress.
- **Newly renovated** facility features redesigned resident rooms, bathrooms and common areas.
- 123 bed, family owned & operated skilled nursing facility
- Joint Commission Accredited & Medicare Certified
- Accepts most HMO's, Medicare and Commercial Insurance

15 Mill Street, Marion, MA

(508) 748-3830

www.whittierhealth.com



A MEMBER OF THE WHITTIER HEALTH NETWORK: DEDICATED TO YOUR WELL-BEING

Member, Southcoast Physicians Network Inc. - Post Acute Care Program

Council on Aging Staff:

Karen Gregory, Director
kgregory@marionma.gov
Mike Poznysz, Transportation
Coordinator
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.

LGBTQ + Supper Club

The LGBTQ+ Senior Supper Club will meet Wednesday, September 11th 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. Register to attend by calling Linda 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.

Art Gallery

Canalside Artists August 30th— September 25th

Opening reception—Friday, September 13th 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.



Caregiver Support Group

Tuesday, September 17th 1:00p.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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  HAPPY LABOR DAY!	3  Election Day—No Activities	4 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 1:00 p.m. Memory Café	5 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	6 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
9 10:00 a.m. Chair Yoga, free 1:00 p.m. Parkinson's Support Group 1:00 p.m. Lecture: Art For Your Mind	10 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Basket Weaving 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 12:00 p.m. Cooking Demo. Reg. req.	11 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	12 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	13 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: Lisa Yves
16 10:00 a.m. Chari Yoga, free 1:00 p.m. Brain Builders Refresher Class	17 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 11:30 a.m. Beverly Yacht Club, rsvp required 1:00 p.m. Support Group	18 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	19 8:30 a.m. Trip to PEM 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	20 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. Singo Bingo
23 10:00 a.m. Chair Yoga, free 11:30 a.m. Charlie Card 1:00 p.m. Cranberry Bog Tour	24 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. Lunch & Learn Roundtable	25 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 1:00 p.m. Memory Café	26 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	27 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. Brain Builders Refresher Class 1:00 p.m. Craft Class
29 10:00 a.m. Chair Yoga, free 1:00 p.m. Bingo, \$	30 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	28 9:00 a.m. Tai Chi, \$5 9:15 a.m. Motion & Balance, free 1:00 p.m. Memory Café	29 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	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

ADT-Monitored Home Security
Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider **SafeStreets** **833-287-3502**

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com

International Chocolate Day

Friday, September 13th
International Chocolate Day
After making its debut about 4,000 years ago, chocolate can now be found everywhere. Whether you are a fan of dark, milk or white chocolate there is no denying the decadence of this rich delicacy. Stop by the office anytime between 10:00 a.m. & 2:00 p.m. and indulge with us.



Bingo

Bingo
Monday, September 30th
1:00p.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.

Friday Flick

Queen Bees, Friday,
September 6th 1:00 p.m.
Helen is an independent widow who moves into the Pine Grove Senior Community and discovers that, just like high school, it is full of cliques and flirtatious suitors. What she initially avoids leads her to exactly what she has been missing: new friendships and a new chance for love.



COA Book Club

Wednesday, September 18th
1:00p.m.
The September COA Book Club selection is a New York Times Best-seller and later adapted into a Netflix TV series, *Anxious People* by Frederick Backman will provide much to discuss. It has been praised for its “pitch-perfect dialogue and an unparalleled understanding of human nature.” It is a story about the enduring power of friendship, forgiveness and hope. Copies of this novel are available to be checked out at the Elizabeth Taber Library. The Book Club is organized by the Friends of the Elizabeth Taber Library.

Flu Clinic

The Marion Board of Health will be holding a flu vaccination clinic on Thursday, September 26th. Call the Board of Health Office at 508-748-3530 to schedule your appointment.

Open Mic Night

Friday,
September 20th 6:30 p.m.
We invite you to take in this unique performing experience where teen performers showcase their talents as they step up to the mic.



This evening is brought to you by Southcoast Lessons in conjunction with Marion Cultural Council a division of Mass Cultural Council.

Parkinson's Support Group

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.

September Menu

September 6th — Cheeseburger,
Potato Salad & Pasta Salad
End of Summer BBQ

September 13th — Chili with
Cornbread, Chips & Salsa

September 20th — Tuna Salad Plate

September 27th — Ham Tetrazzini
Casserole

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.



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

Special Events Continued

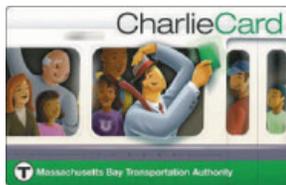
Peabody Essex Museum
Thursday, September 19th 8:30 a.m.
 You will enjoy a one hour guided tour after which you will have some time remaining to explore some of the galleries more in depth. The galleries consist of collections of maritime, Asian exports, Native American and American. There is a café on 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.



Rock & Roll Singo Bingo
Friday, September 20th 1:00 p.m.
 It is bingo with a beat, we replace the numbers with your favorite songs. Test your musical knowledge, win some prizes and have some fun! Call 508-748-3570 to reserve your spot.



Charlie Card
Monday, September 23rd 11:30 a.m.—1:00 p.m.
 In need of a Charlie Card? A Representative from SRTA will be on hand to get you set up.



Monday, September 23rd 1:00 p.m.
 Join us as we are given a tour of the Hartley Family Farms Cranberry Bogs. During the visit you will learn how the bogs are built, how the fruit is grown and harvested. We will be able to ride around the farm, see the berries on the bog and see the cranberry processing facility. Some historical equipment will also be available on this tour. A small gift shop with local cranberry themed items will round out this informative tour. Cost for this excursion is \$5.00, call 508-748-3570.

This event is sponsored by the Friends of the Marion COA.



Healthcare 101
Tuesday, September 24th 12:00p.m.
 Lauren from Assisted Living Locators will host a round table conversation on Mass Healthcare 101. How does home care work? How much does it cost? Who decides when I come off of physical therapy? If you are overwhelmed with questions, this is the perfect opportunity for you to get answers. You will be treated to a free lunch while you are learning. Bring your questions and appetite. Call 508-748-3570.

Crafting with Lidia
Friday, September 27th 1:00 p.m.
 Wouldn't this Coastal Pumpkin be just the thing to welcome fall on your front door? Come to Lidia's class and create your own unique design to take home. You will paint and decorate this pumpkin and in the class you will learn how to do a "chippy" painting method using a wax candle. Bring your own collection of seashells and sea glass to personalize it or use the ones provided. Cost of the class is \$20.00 due upon sign up. Call 508-748-3570 to join the class.



SAUNDERS DWYER

Home For Funerals

“Our Family Serving Your Family”

508-758-2292

www.saundersdwyer.com



Chapman Cole & Gleason

FUNERAL HOMES ESTABLISHED 1862

2599 Cranberry Highway (Route 28), Wareham, MA 02571

(508) 295-0060 • www.ccgfuneralhome.com



- HOME CARE & PCA SERVICES
- HOME DELIVERED MEALS
- COMPUTER/PHONE CLASSES
- BENEFITS ENROLLMENT
- MORE THAN 30 PROGRAMS

508-999-6400 • coastlinenb.org



We are excited to announce that Nova Leap Home Health has recently acquired Tender Hearts Home Health Care, a trusted provider of private home care services. As the new owners, we are committed to upholding the high standards of care and service that Tender Hearts Home Health Care has been known for.

Dedicated to Keeping the Heart in Home Care!

PERSONAL CARE • DEMENTIA CARE
HOSPICE SUPPORT • TRANSPORTATION
24 HOUR ON CALL SUPPORT



508-748-1331 • WWW.TENDERHEARTSCARE.COM

Marion's oldest and most reliable real estate company



CONVERSE COMPANY
REAL ESTATE

CELEBRATING 100 YEARS

166 Front Street, Marion, MA 02738

508.748.0200

www.conversecompanyrealestate.com

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicomunities.com/adcreator

Marion Antiques

APPRAISALS - FRANK McNAMEE
ON-SITE ESTATE SALES & AUCTIONS
ANTIQUES & ESTATES PURCHASED

335 Wareham Rd. (Route 6) Marion

748-3606

www.marionantiques.com

www.marionantiqueauctions.com

WE APPRECIATE OUR ADVERTISERS!

They allow us to print this bulletin. Thank you!

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.

Visit www.mycommunityonline.com



SUPPORT OUR ADVERTISERS!

Day Trip

Norman Rockwell, Red Lion Inn & Bright Nights
Thursday, December 12th, 2024

Start the day experiencing Rockwell's art, life and legacy in the artist's picturesque New England hometown Stockbridge, nestled in the Berkshires. After your visit, enjoy lunch at The Red Lion Inn you will have a choice of Chicken Pot Pie or Roasted Haddock. You will then have a little free time in the area to shop. The day will conclude with a visit to Bright Nights in Springfield. You will be delighted by this gorgeous light display.

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. Marion residents will have preference for signing up until October 11th.

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 Yard Sale will be held on
Saturday, October 12th.



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.

PRRST STD
US POSTAGE PAID
ROCHESTER, MA
PERMIT NO. 115

Marion Council on Aging
465 Mill Street
Marion, Ma. 02738