



Special Events

Chronic Respiratory Diseases
Monday, October 7th 1:00 p.m.
Clinical Research Educator
Sharlene Kirby from Community
Nurse Home Care will be joining
us to discuss respiratory health.
Many find themselves suffering
from Chronic Respiratory Disease
and are susceptible to pneumo-
nia, along with significant illness
related to influenza and Covid-
19. Sharlene will educate on
signs and symptoms to monitor,
how to manage the chronic dis-
ease and how to keep one out of
the hospital and how to prevent
infection.



Legal Lunch & Learn
Tuesday, October 8th 12:00 p.m.
While enjoying an Italian
luncheon, Attorney Jilian Morton
will cover topics that become
increasingly relevant as one
ages: wills, trusts, power of
attorney, strategies to protect
your assets, practical steps for
organizing documents,
communication with family and
healthcare providers.
Reservations are required to
attend, please call 508-748-3570.

Cooking Demonstration
Tuesday, October 15th 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.



Open Enrollment
SHINE Presentation
Friday, October 18th 1:00 p.m.
Christie Rexford, SHINE Regional
Director, will be offering insight
on the upcoming open enroll-
ment period for your health
benefits. Gather information to
make the most informed
decision regarding your
healthcare. Bring your questions.
Call 508-748-3570 to make your
reservation for this presentation.
Light refreshments will be
served.



Moxie Mobility Training, LLC
Caregiver Connection
Monday, October 21st 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.

Painted Canyons of the West
Travel Presentation
Friday, October 25th 1:00 p.m.
Collette Tours will highlight the
Wonder of the West from Grand
Junction, Moab, Bryce Canyon,
Zion National Park to Las Vegas.
This is an upcoming 9 day tour, at
this presentation you will learn all
the sights and options that are
available on the itinerary.



Light Lunch & Health Screenings
Thursday, October 31st 12:00 p.m.
Present will be members of
Marion's EMS Program, TLC
Private Home Care and South Coast
Health. Services that will be offered at
this time will be: Cholesterol Screen-
ing, Blood Pressure, A1C, Memory
Screenings, Covid & Flu Vaccinations.
Enjoy a light lunch that is being
offered either before or after your
screenings. Come with any
questions you may have and we will
do our best to address them. RSVP by
calling 508-748-3570.



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Marion Council on Aging, Marion, MA 06-5128

### Council on Aging Staff:

Karen Gregory, Director  
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Mike Poznysz, Transportation  
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mpoznysz@marionma.gov  
Linda Jackvony, Program  
Coordinator  
ljackvony@marionma.gov  
Michelle May, Cook  
Billy Barnes, Van Driver  
Clark Gee, Van Driver  
Mark Santos, 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, October 9<sup>th</sup> 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.

## 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

Jane Egan September 27<sup>th</sup>— October 30<sup>th</sup>

Opening reception—Friday, October 11<sup>th</sup> 12:00p.m.—1:00p.m.

Come for lunch, check out the new exhibit and meet the artist.

*Please call 48 hours in advance if you will be joining us for lunch, 508-748-3570.*



## Caregiver Support Group

Tuesday, October 22<sup>nd</sup> 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. 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.



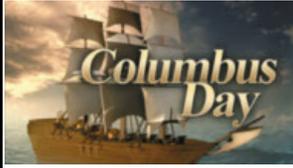
## Tax Relief

Qualified Marion residents are eligible to receive relief on their property taxes through the Marion Community Fund from the Community Foundation of Southeastern Massachusetts. Applications are due early October. Stop by the Council on Aging office to pick up an application.

## Veterans Day

Monday, November 11<sup>th</sup> 12:00 p.m.

We invite all Veterans, Active Duty Service Members, Spouses and their guest for a luncheon following the Ceremony. Please RSVP by Thursday, November 7<sup>th</sup> by calling 508-748-3570.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	2 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	3 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	4 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
7 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture 1:00 p.m. Parkinson's Support Group	8 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. Legal Lunch & Learn Reg. req.	9 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	10 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	11 Closed for Activities to Prepare For  
14 	15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot 12:00 p.m. Cooking Demo. Reg. req.	16 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	17 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	18 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. SHINE Presentation
21 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Moxie Mobility Caregiver Connection	22 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. Support Group	23 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	24 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	25 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. Travel Presentation
28 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$	29 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Hand & Foot	30 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	31 9:00 a.m. Tai Chi, \$5 suggested donation 12:00 p.m. Lunch & Screenings Reg. req. 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	

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## Opportunity

### Senior Work-off Abatement Program

This program allows taxpayers to provide services to the town in exchange for a reduction in their tax bill. One must be over the age of 60 and own and occupy, as a principal residence, the property for which Marion taxes are paid. Only one qualifying resident of the property may participate. Hourly compensation is based on the current state minimum wage and may not exceed \$750.00. Registration for this program will be held on Thursday, October 10<sup>th</sup> at 2:00 p.m. at the Community Center. Bring a photo i.d., a copy of your current tax bill, and a copy of trust (if applicable). For further information please call 508-748-3570.

## Friday Flick

### The Last Word

Friday, October 4<sup>th</sup> 1:00 p.m.  
Harriet is a successful, retired businesswoman who wants to control everything around her until the bitter end. To make sure her life story is told her way, she pays off her local newspaper to have her obituary written in advance under her watchful eye. But Anne, the young journalist assigned to the task, refuses to follow the script and instead insists on finding out the true facts about Harriett's life, resulting in a life-altering friendship.

## COA Book Club

Wednesday, October 16<sup>th</sup>  
1:00p.m.

The October COA Book Club selection is *The Secret Life of Sunflowers* by Marta Molnar. This is a captivating work of historical fiction written with a dual time line that features two strong determined women that lived a century and an ocean apart. It is based on the true story of how Johanna Bonger, sister-in-law of Vincent Van Gogh, was responsible for rescuing his painting from destruction. Copies of the book are available at the Elizabeth Taber Library. The Book Club is organized by the Friends of the Elizabeth Taber Library.

## National Apple Day

Monday, October 21<sup>st</sup>

### National Apple Day

A day to celebrate all things apple. This day highlights the importance of orchards and apple related products in agriculture and heritage. Stop by the Council on Aging office between 9:00 a.m. & 3:00 p.m. to enjoy a nice, crisp juicy apple!



## Bingo

### Bingo

Monday, October 28<sup>th</sup> 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.

## Parkinson's Support Group

October 7<sup>th</sup> After a busy Summer we will take this opportunity to catch up with one another .

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](mailto:sgriffith@marionma.gov), or the Marion COA at 508-748-3570.

## Day Trip

### Norman Rockwell, Red Lion Inn & Bright Nights

Thursday, December 12<sup>th</sup>, 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 11<sup>th</sup>.*



*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](http://www.fmcoa.org)*

## Transportation

The Council on Aging is able to offer transportation to medical appointments, the Council on Aging to participate in activities and other general errands like grocery shopping and hair appointments, as an example. We request as much advance notice as possible, it is highly unlikely we will be able to accommodate same day requests or request made with less than 48 hours notice. There is a nominal suggested donation for such rides that goes into funding the purchases of future vehicles. Starting in October, grocery shopping will take place on Thursdays at 10:00 a.m. and will rotate weekly between Shaws and Market Basket. On the first Tuesday of the month at 1:00 p.m. we will offer a Walmart/Wareham Crossing Loop. Please call the office at 508-748-3570 to sign up. The Marion Council on Aging recently was awarded a grant from the Massachusetts Association of Councils on Aging by the Massachusetts Executive Office of Elder Affairs. This grant will allow for residents of Marion to utilize a transportation company for access to medical appointments in Boston and Providence. The policy that is in place for utilization of Marion's transportation will be in effect for this service as well, specifically that service is curb to curb and individuals must be able to ambulate under their own power. There will be a cap on the number of times a resident can utilize this grant in a given year, except with permission from the Director for extenuating circumstances. There will be a \$50 fee for the service. We are in the process of finalizing specifics and you can call Karen or Mike for details.

## October Menu

October 7<sup>th</sup> — Mini Meatloaf with Mashed Potatoes and Carrots

October 14<sup>th</sup> — Closed in Observance of Columbus Day Holiday

October 21<sup>st</sup> — Stuffed Peppers with Garden Salad

October 28<sup>th</sup> — American Chop Suey and Corn

October 2<sup>nd</sup> — Chow Mein Sandwich with Asian Salad

October 9<sup>th</sup> — Hamburger Soup with Biscuit

October 16<sup>th</sup> — Beef Chili with Rice

October 23<sup>rd</sup> — Sloppy Joes with Warm Potato Salad

October 30<sup>th</sup> — Linguica Stew with Cheddar Bay Biscuit

October 4<sup>th</sup> — Spaghetti Pie

October 11<sup>th</sup> — No Lunch Served

October 18<sup>th</sup> — BBQ Chicken Sandwich with Pepperoni Pasta Salad

October 25<sup>th</sup> — Kielbasa, Potato and Green Bean 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.



## Friends of Marion COA Yard Sale

Saturday  
October 12<sup>th</sup>  
9:00 a.m.—1:00 p.m.  
Benjamin D. Cushing Community Center  
465 Mill Street



## Little Free Library

If you have not already noticed, a new Little Free Library has been installed at the Community Center. The library now resides in a new location, attached to the building encompassed by the covered awning leading to the main entrance. Throughout the month of October, we will be sprinkling in some of the top book selections of 2024! So, we encourage you to borrow, read, return, repeat.



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Marion Council on Aging, Marion, MA

06-5128

# **PUMPKIN PALOOZA**

*Come one, come all - join us at the Cushing Community Center—465 Mill Street, for an afternoon of fun! Let's get together, show off artistic talents, and create a lighted pumpkin display along Rte. 6 for everyone to enjoy on Halloween weekend!*

*We'll provide pumpkins and carving stations with tools & tea lights or you can bring your own carved pumpkins to add to the display! Costumes encouraged.*

*Join us for music, refreshments courtesy of Dunkin Donuts, yard games, face painting, petting zoo, balloon animals, cotton candy, goody bags and Oxford Creamery Oxcart! New this year pet adoption event from WAGS Animal Rescue and Pet Parade at 2:00 p.m.*

*Every Dog entered wearing a costume will get a surprise and get to compete for best costume!*

**Saturday, October 26, 2024 1:00 to 3:00 p.m.**

**Pre-registration required to be a part of the dog parade by calling 508-748-3570.**

**All dogs must be up to date on vaccination, well behaved,**

**child & dog friendly and restrained by a leash at all times.**

**Co-sponsored by Marion Recreation Department,  
Marion Council on Aging,  
The Friends of the MCOA &  
The Friends of the Recreation Department**



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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