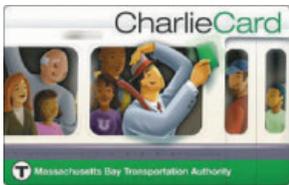




Special Events

Charlie Card
Monday, November 4th
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.



Legal Lunch & Learn
Thursday, November 7th 12:00 p.m.
While enjoying an Italian luncheon, Attorney Jilian Morton will cover topics that become increasingly relevant as we age: wills, trusts, power of attorney, strategies to protect your assets, practical steps for organizing documents, and communication with family and healthcare providers. Reservations are required to attend, please call 508-748-3570. As an added enhancement to this program Dr. Ed Hoffer will be on hand to discuss the importance of having a health care proxy. Copies of the document will be on hand for your review and convenience.



Styling with Vintage & Thrifted Fashion
Friday, November 8th 1:00 p.m.
Karen Antonowicz will help us find our authentic style through buying vintage and second hand clothing and accessories. Not only is buying pre-loved fashion sustainable and eco-friendly, it is also a fun and frugal way to shop. See some of the unique statement pieces that Karen has collected over the years and learn how to pair these pieces with what you already have in your wardrobe. Additionally, discover great makeup tips for a flattering look, no matter what your age.



Cooking Demonstration
Tuesday, November 12th 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.



Robert Black as Elvis
Friday, November 15th 1:00 p.m.
Robert is an award-winning Elvis Presley tribute artist performing nationwide. His authentic portrayal has made him one of the country's most popular tribute singers. Enjoy the spirit of Elvis, the songs and the costuming.

Open Mic Night
Friday,
November 15th 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.

Memories from the 50's, 60's & 70's
Monday, November 18th 1:00 p.m.
Marvin Perry will be singing a memorable collection of the classics for you to enjoy. All of those great memories from the 50's through the 70's will be stirred up. Come out and dance.



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Assistant  
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.*

## 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.

## Caregiver Support Group

Tuesday, November 19<sup>th</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.



## Art Gallery

Photography Show—  
November 1<sup>st</sup>— November 20<sup>th</sup>  
Opening reception—Friday,  
November 8<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.*

## 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 at Old Landing. Please RSVP by Thursday, November 7<sup>th</sup> by calling 508-748-3570.



## Hand & Foot

Tuesdays, 10:20 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, November 13<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.



## Bingo

Bingo  
Monday, November 25<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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 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
4 10:00 a.m. Chair Yoga, free 11:30 a.m.—1:00 p.m. Charlie Card Event 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group	5  Closed for Election Day	6 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	7 9:00 a.m. Tai Chi, \$5 suggested donation 12:00 p.m. Legal Lunch & Learn, Reg. req. 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	8 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
11 	12 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:20 a.m. Hand & Foot Weaving 10:30 a.m. Basket Weaving 12:00 p.m. Cooking Demo. Reg. req.	13 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	14 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group	15 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 6:30 p.m. Open Mic
18 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Concert	19 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:20 a.m. Hand & Foot Weaving 1:00 p.m. Support Group 1:00 p.m. Tech Cafe	20 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 1:00 p.m. Tech Cafe	21 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group 1:00 p.m. Tech Cafe	22 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
25 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$	26 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:20 a.m. Hand & Foot Weaving 10:30 a.m. Basket Weaving 1:00 p.m. Flower Arranging, \$5 Reg. req.	27 9:15 a.m. Motion & Balance, free	28  Closed for the Holiday	29

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## Special Events Continued

**Diabetes Awareness Month**  
Friday, November 22<sup>nd</sup> 1:00 p.m.  
November is Diabetes Awareness Month. Public Health Director, Lori Desmarais, will give a presentation titled “All You Want to Know About Diabetes”. We encourage you to bring your questions and concerns, gather some new information and pick up some helpful tips. You will also be treated to a healthy dessert. Call 508-748-3570 to reserve your spot.

**Flower Arranging**  
Tuesday, November 26<sup>th</sup> 1:00 p.m.  
Members of the Marion Garden Club will be on hand to help you put together a Thanksgiving Arrangement. There will be a \$5.00 materials fee due at sign up. Space is limited call 508-748-3570 to sign up.

## Friday Flick

**The Last Word**  
Friday, November 1<sup>st</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

The Book Club is organized and led by the Friends of the Elizabeth Taber Library. They meet the third Wednesday of the month at 1:00 p.m. Participation is limited to twelve members. If you have an interest in joining, please call 508-748-3570 to find if there is availability.

## Heating Assistance

George E. Curtis Charitable Trust Coastline is providing assistance to elders in Marion, Mattapoisett and Rochester who could use help paying their heat or electric bills. The funds pay for gas, electric, propane or other heating needs to help reduce the financial burden for elders who have difficulty with these purchases. The eligibility will be changing this year. To see if you qualify, call the COA office at 508-748-3570.

## Volunteers Needed

**Tax Preparation Volunteers**  
Since 1968, AARP has helped over 80 million taxpayers to file their returns. As a volunteer, you'll receive training and support with IRS certification, learn new skills and connect with people in your community while giving back. If you are interested in volunteering, or want more information, use this link <https://www.aarp.org/forms/volunteer-tax-aid/> and fill out the volunteer form or reach out to the COA to connect with a volunteer coordinator.

## Parkinson's Support Group

Monday, November 4<sup>th</sup> 1:00 p.m.  
**Guest Speaker—Chris Gerrior, Tri-Town Veterans Agent**  
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. There will be a series of speakers who will present on relevant topics. 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 of Stockbridge, nestled in the Berkshires. After your visit, enjoy lunch at The Red Lion Inn with 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.*



*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 requests 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.

## November Menu

November 4<sup>th</sup> — Sausage Jambalaya with Carrots  
November 11<sup>th</sup> — Veterans Day Luncheon  
November 18<sup>th</sup> — Lasagna Roll Up with Salad  
November 25<sup>th</sup> — Baked Chicken, Stuffing, Green Bean Casserole and Roasted Potatoes

November 6<sup>th</sup> — Italian Sausage Soup with Breadsticks  
November 13<sup>th</sup> — Hamburger & Potato Casserole with Green Beans  
November 20<sup>th</sup> — Spaghetti with Linguica Meat Sauce & Garlic Bread

November 1<sup>st</sup> — Ham, Potato & Broccoli Casserole with Green Salad  
November 8<sup>th</sup> — Chicken Chili with Corn Muffins  
November 15<sup>th</sup> — Potato Soup with Biscuits  
November 22<sup>nd</sup> — Mini Pork Meatloaf with Mashed Potato & Vegetable

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.



## Tech Cafe

Empowering Older Adults with Technology  
Tech Café offers 1:1 training with instructor Kraig Perry  
iPhone Tuesday, November 19<sup>th</sup> 1:00 p.m.—3:00 p.m.  
Android Wednesday, November 20<sup>th</sup> 1:00 p.m.—3:00 p.m.  
Computer Thursday, November 21<sup>st</sup> 1:00 p.m.—3:00 p.m.



Call 508-748-3570 to register

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06-5128

## Friends Annual Meeting

Friends of Marion Council on Aging Annual Meeting  
Wednesday, November 6<sup>th</sup> 5:45 p.m.

Light Hors d'oeuvres will be served promptly at 5:45 p.m. followed by the annual meeting at 6:00 p.m. There is lots of good news to share. Following the meeting will be an inspirational performance by Sheryl Faye.



*Clara Barton – Founder of the American Red Cross*



From the time she was old enough to be a nurse within her own family, Clara dedicated her life to helping others. She accepted no pay teaching poor children whose parents

had no money to send them to school. She raised warehouses full of food, medicine and clothing during the Civil War, and courageously went to the front to nurse the wounded and dying. Finally, she started the American Red Cross which is her legacy today.

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.

## Festival of Trees

November 23<sup>rd</sup>—December 9<sup>th</sup>

Opening Reception

Saturday, November 23<sup>rd</sup> 1:00 p.m.—3:00 p.m.

Organizations, businesses, community groups or interested individuals are invited to sponsor and decorate a tree for this year's festival. Three foot table top, pre-lit trees will be made available to participants.

Raffle tickets will be sold, and on December 9<sup>th</sup> at 12:00 p.m. the winners will be drawn.

At the Festival reception, there will be an artisan sale, music, refreshments, basket raffles and hot cocoa bar. For more information, to sponsor a tree or donate a basket please contact Karen Gregory at 508-748-3570.

*Sponsored by the Friends of the Marion Council on Aging to benefit Programs at the Council on Aging.*



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