



Special Events

AARP Smart Driver Class
Thursday, December 5th
10:30 a.m.—3:00 p.m.
Learn techniques for handling left turns, right-of-way and roundabouts. Understand how to reduce traffic violations, crashes and the risk of injury. Discover proven driving methods to help keep you and your loved ones safe on the road. Take the AARP Smart Driver classroom course and you may be eligible to receive an auto insurance discount, consult your agent for details. Register for the class by calling 508-748-3570. \$20 for AARP members and \$25 for non-members.



Art For Your Mind
Celebrations & Holidays in Art
Monday, December 9th 1:00 p.m.
Enjoy a collection of images from medieval times to present day, offering a colorful backdrop to a discussion about artists' many effective choices. Increase your awareness of the creative way artists have represented important traditions over time.



Cooking Demonstration
Tuesday, December 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.



Winter Craft Party
Thursday, December 12th
11:00 a.m.—1:00 p.m.
Spend the morning crafting with Lidia. During the class you will make two winter themed crafts. Make to give as gifts or keep for yourself. Cost of the class is \$25 and covers the cost of instruction and all materials. Call 508-748-3570 to reserve your spot in the class.



Ride Hailing Services
Thursday, December 12th 1:00 p.m.
Have you ever thought about calling for an Uber ride but was not sure how to go about it? Lisa Long, current Uber driver, will be on hand to give you all of the ins and outs of the Uber and Lyft services. How to download the app on your phone, what to expect and what to be aware of to keep yourself safe. Bring your questions and concerns.



Essential Oils & Natural Solutions
Friday, December 13th 1:00 p.m.
There is nothing more important than staying healthy during the Winter months. At this lecture we will learn about natural solutions to boost your immune system or possibly help you to sleep. You will learn about old wives tales that our grandparents used to employ like castor oil and cod liver oil. Did you know that lavender is a natural antihistamine or that oregano is the number one plant-based antibiotic? There will be an opportunity to purchase sugar scrubs, foot soaks, bath salts and facial scrubs. The fee for this class is \$10.00 that covers the cost for the take home sample that you will be making. Call 508-748-3570 to make your reservation.

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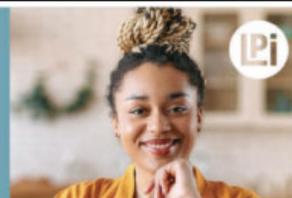


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kgregory@marionma.gov
Mike Poznysz, Transportation
Coordinator
mpoznysz@marionma.gov
Linda Jackvony, Program
Coordinator
W,Th & F 8:00 a.m.—3:00 p.m.
ljackvony@marionma.gov
Meg Albert, Outreach
Coordinator,
M,T & F 10:00 a.m.—2:00 p.m.
malbert@marionma.gov
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.

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, December 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. 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

Small Picture Show—
November 22nd— January 2nd
Opening reception—Saturday,
November 23rd 1:00p.m.—3:00p.m.
During the Festival of Trees



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 out if there is availability.

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, December 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.



Bingo

Bingo
Friday, December 27th 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
2 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group	3 9:00 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Meditation	4 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 9:00 a.m. Tai Chi, \$5 suggested donation 10:30 a.m. AARP Smart Driver Course 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 12:00 p.m. Lunch 1:00 p.m. Lecture	10 9:00 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Meditation 10:30 a.m. Basket Weaving 12:00 p.m. Cooking Demo. Reg. Req.	11 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	12 9:00 a.m. Tai Chi, \$5 suggested donation 11:00 a.m. Craft Party, \$25 Reg. Req. 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group 1:00 p.m. Lecture	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. Lecture, Reg. Req., \$10
16 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Christmas Sing-a-Long	17 9:00 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Meditation 10:30 a.m. Basket Weaving 1:00 p.m. Support Group	18 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	19 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	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. Holiday Centerpiece, Reg. Req.
23 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch	24 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation Offices close at Noon	25 	26 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. Bingo, \$
30 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. New Year's Celebration	31 9:00 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Meditation Offices close at Noon	<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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Special Events Continued

Christmas Sing-a-Long
Monday, December 16th 1:00 p.m.
Friends John & Rick will play some classic Christmas music for an afternoon of festive cheer.



Lunch & Learn

Thursday, December 19th 12:00 p.m.
Lori Desmarais, Public Health Director, will be leading a lecture on reading nutrition facts on labels, the importance of vitamin packed foods, effects of food and water on your brain and body. Lunch will be prepared by City Fresh, the new meal provider of Coastline/Meals on Wheels. Taste the food, ask some questions and gather valuable information about how to keep your body healthy. Call 508-748-3570 to make your reservation.



Christmas Centerpiece
Friday, December 20th 1:00 p.m.
Attorney Ashley Evars of Dalton & Finegold, LLP will be on hand with all of the supplies that you will need to create a Christmas table centerpiece. Space is limited for this event, call 508-748-3570 to reserve your spot.

New Year's Celebration
Monday, December 30th 1:00 p.m.
Come out for a memorable performance by That 60's Band. Prepare to dance and sing along to your favorite songs from that era—the Monkees, Beatles, Turtles, Rolling Stones, CCR and many more.



Friday Flick

Christmas in Connecticut
Friday, December 6th 1:00 p.m.
Journalist Elizabeth Lane is one of the country's most famous food writers. In her columns, she describes herself as a hard working farm woman, taking care of her children and being an excellent cook. But this is all lies. In reality she is an unmarried New Yorker who can't even boil an egg. The recipes come from her good friend, Felix. The owner of the magazine she works for has decided that a heroic sailor will spend his Christmas on "her" farm. Miss Lane knows that her career is over if the truth comes out, but what can she do?



Parkinson's Support Group

Monday, December 2nd 1:00 p.m.
Guest Speaker—Brandon Walecka, Estate Planning & Elder Law Attorney
Brandon will be on hand to give advice on planning for the future. 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.

Heating Assistance

George E. Curtis Charitable Trust Coastline is providing assistance to elders in 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. Income guidelines apply:
Household size & monthly income (before taxes) 1=\$2,510, 2=\$3,407, 3=\$4,303, 4=\$5,200
If you wish to apply or have further questions, call 508-748-3570 and ask to speak with Meg.

Gift of Kindness

Tabor students will be making lasagnas to share with the community. They will be making a pan of lasagna (enough to serve 6-8 people) and delivering weekly. If you would benefit from this gift, call Meg at 508-748-3570. Limited space available.

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

Introduction to Tai Chi

Tai Chi is a traditional Chinese martial art which is popular around the world as an exercise for health and well-being. It is characterized by fluid, graceful movements which are practiced in slow motion, making it a highly accessible exercise for people of any age. Instructor Nik Ukleja has been teaching since 1994, having studied with Sifu Joe Rebelo in the Wu, Yang, and Chen family styles.

Beginners will be introduced first to the 22 movement Wu Style short form, typically learning a new technique each lesson and reviewing the previous techniques until the full form can be practiced from beginning to end. The fundamental principles of good posture, deep breathing, and relaxation are integrated into each class and form the basis of every technique. Good posture improves balance, body awareness, and strength conditioning for the legs. Deep breathing helps improve circulation and provides a meditative quality that sets the slow pace of the exercises. Relaxation assists with the overall mobility and improves the condition of the joints by using all the moving parts without strain or heavy impact. Routine practice of Tai Chi provides numerous benefits, while its gentleness makes it a very safe and sustainable activity. It has often been described as a moving meditation that can add years to your life, and life to your years.

Beginning on January 9th we will be offering a 4-week series of beginner-oriented Tai Chi classes. This is the perfect time to give it a try. Call 508-748-3570 to express interest. Classes will be held Thursdays at 10:15 a.m.

Holiday Dinner

Saturday, December 7th 12:00 p.m.

The Marion Police Brotherhood Union invite Marion's Older Adults to join in the festive spirit as they host the Annual Holiday Dinner at the Community Center. RSVP by November 25th by calling 508-748-3570.

Yard Sale

Thank you to all of those who donated, shopped, helped to price, organize, set up and clean up. It was a very successful event. If you did not get to donate your items in time for the sale, we can accept your donations year round. We do ask for just one box at a time be dropped off.

December Menu

December 2nd — Pork Stir Fry with Rice

December 9th — Beef & Broccoli with Rice

December 16th — Mexican Taco Pie

December 23rd — Salisbury Steak with Potato and Vegetable

December 30th — Chicken Chow Mein with Egg Rolls

December 4th — Chicken Noodle Soup & 1/2 Grilled Cheese Sandwich

December 11th — Chicken Pot Pie Casserole

December 18th — Tuna Pasta Salad with Fruit

December 25th — Closed for the Holiday

December 6th — Shepherd's Pie with Biscuits

December 13th — Cheeseburger with Tater Tots

December 20th — Chicken Garlic Butter Bites with Rice and Green Beans

December 27th — Ham & Cheese Quiche with Salad

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.



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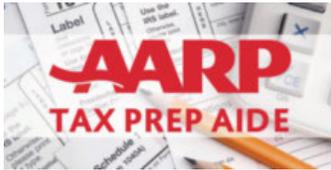
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Volunteers Needed

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.



Calling All Artists

We are excited to announce the upcoming shows for 2025. We encourage everyone, whether you consider yourself a professional or amateur. Even if you have never exhibited before, join us in creating some fabulous shows. Call 508-748-3570.

January—Stories behind the images

February—Youth show

March—Welcome Spring

April—Images of Animals

May—Bourne—Wareham Art Association

June—Mixed Media and fabric arts

July—Seaside

August—Monday Morning Painters

September—Canalside Artists

October—Your hometown

November—Photography

December—Holiday smalls



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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