



MARION
COUNCIL
ON AGING

Special Events

Busted Canvas Art Project

Thursday, January 9th

11:00 a.m.—1:00 p.m.

Join us for this creative and fun activity. Transform two plain canvases into your own masterpiece with this 8 x 10 busted canvas project. You will learn how to turn a printed page into a unique work of art. Experiment with paints, textures and techniques to make your canvas come to life. Cost of the project is \$20.00 and covers instruction and cost of materials. Call 508-748-3570. Don't miss this chance to unleash your inner artist and have some fun!

How to Become a Better Sleeper

Monday, January 13th 1:00 p.m.

Dr. Joshua Fischer, MD, a graduate of Brown University and Board-Certified Internist will give some guidance on how to get a better night's sleep. He will cover such topics as: How much sleep do you really need?, What defines a good night of sleep? Why sleeping pills are not the answer to your sleep difficulties. How to improve the odds that you will get a good night of sleep using natural techniques. Why you wake up in the middle of the night and what to do about it. Bring your questions and concerns.

Senior Medicare Patrol

Thursday, January 16th 1:00 p.m.

Did you know that over \$60 billion of our tax dollars are lost to Medicare fraud annually? Join a representative of the Massachusetts Senior Medicare Patrol Program and participate in a discussion on how Medicare beneficiaries are instrumental in preventing, detecting and reporting Medicare fraud. This workshop provides you with the tools to become more informed and engaged as a health care consumer. It will protect you from becoming a victim to deceptive marketing and medical identity theft. Also, this session will provide you with other important information to assist you in navigating the increasingly complex healthcare system.

The Dangers of Distracted Driving

Friday, January 17th 1:00 p.m.

St. Luke's Trauma Center will be educating us on the three main types of distractions, how many injuries occur every day due to distracted driving, how often, on average, drivers are distracted while driving and how to limit distractions. Learn what you can do to keep yourself and others safe on the road and behind the wheel.

Cooking Demonstration

Tuesday, January 21st 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.



America's National Parks

Friday, January 24th 1:00 p.m.

Come and listen to Matt Davis as he talks about his experiences at some of America's National Parks. Matt is an avid traveler that has visited thirty five countries and made over forty road trips across the United States. He will bring slides, photos and stories from his cross country adventures. He will also pass along some travel tips from his book. Join us for this fun travel experience!



Council on Aging Staff:

Karen Gregory, Director
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 is 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, January 21st 1:00p.m.
A team member from All American 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

Stories Behind the Images
January 2nd— February 6th
A display of artwork with an accompanying written piece that describes the inspiration behind it.



COA Book Club

Wednesday, January 15th 1:00 p.m.
The Book Club will be discussing the novel, *American Dirt*, by Jean Cummins. This book is a riveting page turner about a mother and son fleeing the Mexican drug cartel. Copies can be checked out at the ETL. New members are very welcome.

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

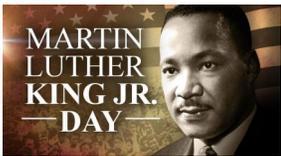
The LGBTQ+ Senior Supper Club will meet Wednesday, January 8th from 5:00 p.m.—7:00 p.m. at the Marion COA. Join us for food, drink & great conversation! Please call 508-748-3570 so we know to expect you.



Bingo

Bingo
Monday, January 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
<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>Happy New Year</p> 	<p>1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group</p>	<p>9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch 1:00 p.m. Friday Flick</p>
<p>10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group</p>	<p>9:15 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Meditation</p>	<p>9:00 a.m. Tai Chi, \$5 suggested donation 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Café 5:00 p.m. LGBTQ+ Supper</p>	<p>9:00 a.m. Tai Chi, \$5 suggested donation 10:15 a.m. Intro. to Tai Chi 11:00 a.m. Busted Canvas Project, \$20 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group</p>	<p>9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch</p>
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<p>MARTIN LUTHER KING JR. DAY</p> 	<p>9:15 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Meditation 12:00 p.m. Cooking Demo. Reg. Req. 1:00 p.m. Support Group</p>	<p>9:00 a.m. Tai Chi, \$5 suggested donation 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m. Memory Café</p>	<p>9:00 a.m. Tai Chi, \$5 suggested donation 10:15 a.m. Intro. to Tai Chi 1:00 p.m. Bridge, \$2.00 1:00 p.m. Knit, Crochet Group</p>	<p>9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch 1:00 p.m. Lecture</p>
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Special Events Continued

Painted Canyons of the West
Friday, January 31st 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.



Friday Flick

Thelma
Friday, January 3rd 1:00 p.m.
Thelma Post is a 93-year-old grandmother who loses \$10,000 to a con artist on the phone. With help from a friend and his motorized scooter, she soon embarks on a treacherous journey across Los Angeles to reclaim what was taken from her.



Inclement Weather Policy

When the Marion Public Schools are closed due to a weather related emergency, COA sponsored activities and transportation will also be cancelled. If you are not sure, please call the office, 508-748-3570. Voicemail will be monitored.



Parkinson's Support Group

Monday, January 6th 1:00 p.m.
Guest Speaker—Laurel Koch, PT Spaulding Rehab. Rock Steady Boxing
Monday, February 3rd 1:00 p.m.
Guest Speaker—Thomas Gillian, Medtronic DBS Therapy
Thomas will speak about Parkinson's and recent updates on Medtronic's newest technology advancements. 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.

AARP TaxAide

AARP TaxAide IRS Certified Volunteers will be at the Council on Aging filing Federal and State Taxes on Tuesdays starting February 4th until April 15th. Call 508-748-3570 to schedule an appointment.

Circuit Breaker--*Individuals filing MA taxes and age 65 or older please bring with you a copy of your 2024 Real Estate Tax Bill along with your 2024 Water Bill. Real Estate taxes and Water PAID in 2024. As a senior citizen (65 or older by December 31 of the tax year), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence. The maximum credit amount for tax year 2024 is \$2,730.*

Transportation

For medical appointments please call with as much notice as possible. When calling have the date, time and address of the appointment. Same day transportation cannot be accommodated. Regularly occurring:
1st Tuesday of the month—Walmart/Wareham Crossing Loop 1:00 p.m.
Alternating Thursdays—Market Basket/Shaws 12:00 p.m.
Boston transportation for medical appointments is made possible through a grant from the Massachusetts Association of Councils on Aging by the Massachusetts Executive Office of Elder Affairs. Call the office to coordinate this service.

Heating Assistance

George E. Curtis Charitable Trust
Coastline is providing assistance to elders in the community 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.

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.



Thank you to the Marion Garden Group for leading an afternoon of flower arranging.

January Menu

January 6th — Broccoli Cheese Soup
with 1/2 Tuna Salad Sandwich

January 13th — Hot Dog, Beans,
Coleslaw and Brown Bread

January 20th — Closed for the Martin
Luther King Jr. Holiday

January 27th — Beef Enchiladas

January 1st — Happy New Year!

January 8th — Chicken Marsala with
Mashed Potatoes and Vegetable

January 15th — Beef Barley Soup with
Biscuits

January 22nd — Kale Soup with Pops

January 29th — Stuffed Peppers with
Salad

January 3rd — Meatball Subs with
Chips and Garden Salad

January 10th — Shepherd's Pie with
Garden Salad

January 17th — Chicken & Rice Soup
with 1/2 Grilled Cheese Sandwich

January 24th — Roast Beef Au Jus
with Sweet Potato Tots

January 31st — Barbecue Chicken,
Coleslaw and Mac n' Cheese

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.



Senior Learning Network

The Senior Learning Network (SLN) recognizes the need for continuous learning by developing educational programming. It recognizes the importance of learning to the healthy maintenance of the brain and that learning should be expansive and interactive. Through this program you will be connected to museums, parks, historical sites and more. Experience engaging topics and enrich your understanding of history.

Tuesday, January 7th 2:00 p.m.—The Cold War & The Carter Administration Carter comes to the presidency during a time of strained relations, but other fronts of the Cold War pose critical challenges that he and his administration confront with the powers provided by the Constitution. But every decision is a calculated risk!

Tuesday, January 14th 2:00 p.m.—“Life on the Edge”: Rocky Mountain National Park The alpine zone of Rocky Mountain National Park boasts an array of biodiversity, including a variety of hardy plants alongside animals adapted to the harsh, high-elevation environment with its extreme temperature fluctuations and thin air. We will learn about the biodiversity and what threatens it and the research that is being done.

Tuesday, January 21st 2:00 p.m.—Montezuma’s Castle National Historic Monument Like an ancient five-story apartment building, Montezuma Castle towers above the desert below, a stone-and-mortar marvel of early architectural engineering. It was built over three centuries and provided shelter for the Sinagua Indians during flood season.

Tuesday, January 28th 2:00 p.m.—Presidential Inaugurations on the National Mall Follow the journeys of past presidents through places and stories found in national parks in D.C. and across the country.

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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