



MARION
COUNCIL
ON AGING

Special Events

Caregiver Connection

Monday, February 10th 1:00 p.m.

The mission of Moxie Mobility Training, LLC is to increase safety and well being in the lives of seniors and their caregivers through physical fitness, education, community resources and compassion. It is their goal to keep people engaged in their communities as long as they choose to. Use their wealth of clinical knowledge to discover solutions and strategies to improve the quality of your life. Discussion topic for this session will be Independence vs. Interdependence.



Flower Arranging

Tuesday, February 11th 1:00 p.m.

Members of the Marion Garden Group will be on hand to help us put together a beautiful Valentine's floral arrangement. There is a \$5.00 materials charge for the class that is due at sign up. Space is limited, call 508-748-3570 to make your reservation. Please bring a pair of scissors or shears with you that day.



Manicures at Old Colony and Lunch

Thursday, February 13th 9:30 a.m.
Give yourself a little pampering with a complimentary manicure from the Cosmetology students of Old Colony Regional Vocational Technical High School. The manicures are complimentary, but tips are welcome. We will be stopping for lunch at an area restaurant on our way home to complete the day. Sign ups for this trip will begin on January 27th. Call 508-748-3570 to save your spot.



Cooking Demonstration With Linda Medeiros of Pampered Chef

Thursday, February 13th 12:00 p.m.
Learn some new techniques from Linda as she helps share some ways to save money as you prepare delicious meals. Call 508-748-3570 to make your reservation. There is a \$5.00 donation requested to cover the cost of the food.



Celebrate Valentine's Day with the musical stylings of Lisa Yves

Friday, February 14th 1:00 p.m.
Lisa Yves is a highly accomplished musician, vocalist, songwriter, producer, creator and mentor. She has been writing and composing musical theater songs for over three decades. Lisa has released over ten albums of original music across various genres. Her work has been featured in numerous television shows including. She has also performed with Keith Lockhart at Symphony Hall. Spend the afternoon listening to Lisa play our piano and sing some great songs made famous by Barbara Streisand and Frank Sinatra, just to name a few.



Cooking Demonstration

Tuesday, February 18th 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.

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, February 18th 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

Youth Show
February 7th— March 5th
This show will highlight the local arts programs that are a part of the curriculum of the Sippican Elementary School and ORR High School. Represented will be the Creative Collective Group, Art & Ceramics.



COA Book Club

Wednesday, February 19th 1:00 p.m.
The Book Club will be discussing **The Elephant Whisperer** by Lawrence Anthony, who reluctantly agreed to accept a herd of 'rogue' elephants into his game reserve. This looks into the challenges this presented, as well as the social structure of the herd. 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, February 12th 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, February 24th 1:00 p.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 style="text-align: right;">3</p> <p>10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group</p>	<p style="text-align: right;">4</p> <p>9:15 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Meditation</p>	<p style="text-align: right;">5</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 style="text-align: right;">6</p> <p>9:00 a.m. Tai Chi, \$5 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group</p>	<p style="text-align: right;">7</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 style="text-align: right;">10</p> <p>10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Caregiver Connection</p>	<p style="text-align: right;">11</p> <p>9:15 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. Flower Arranging, Reg. Req. \$5</p>	<p style="text-align: right;">12</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 style="text-align: right;">13</p> <p>9:00 a.m. Tai Chi, \$5 suggested donation 9:30 a.m. Manicures & Lunch 12:00 p.m. Cooking Demo. Reg. Req., \$5 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group</p>	<p style="text-align: right;">14</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. Concert</p>
<p style="text-align: right;">17</p>  <p>PRESIDENTS' DAY</p>	<p style="text-align: right;">18</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 style="text-align: right;">19</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 1:00 p.m. Book Club</p>	<p style="text-align: right;">20</p> <p>9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group</p>	<p style="text-align: right;">21</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>
<p style="text-align: right;">24</p> <p>10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$</p>	<p style="text-align: right;">25</p> <p>9:15 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Meditation 10:30 a.m. Basket Weaving</p>	<p style="text-align: right;">26</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 style="text-align: right;">27</p> <p>9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group</p>	<p style="text-align: right;">28</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>
<p><u>Duplicate Bridge</u> 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><u>New Program—Senior Learning Network</u> Join us Tuesdays at 2:00 p.m. as we explore museums, historical sites and monumental periods of time that have shaped the future.</p>		

Special Events Continued

Downsizing & Decluttering You Can't Take It With You!

Friday, February 21st 1:00 p.m.

Having too much stuff can impede people from enjoying their lives, relocating or getting health care into their homes. This engaging presentation explores why stuff is so important for some people and helps you start thinking about your stuff in different ways. You will come away with practical, easy-to-follow tips on decluttering and organizing your home and your lives. Learn how to get started, stay organized, reach your goals and have some fun doing it. Presentation is made by AARP.

Travel Presentation

Friday, February 28th 1:00 p.m.

Travel to Sunny Portugal!
Collette Tours will be on hand to give an overview of this excursion. Highlights of the trip include Lisbon, Belem, Cork Factory, Evora, Alentejo, Lagos, Algarve, Portimao, Setubal, Portuguese Riviera, Obidos, Sintra, World Heritage Sites.



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, February 3rd 1:00 p.m.

**Guest Speaker—Thomas Gillian,
Medtronic DBS Therapy**

Thomas will speak about recent updates on Medtronic's technology advancements.

Monday, March 3rd 1:00 p.m.

**Guest Speaker—Linda Vivino &
Nanci Winterhalter**

Benefits of chair yoga when you are living with Parkinson's. 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.

Friday Flick

The 100 Foot Journey

Friday, February 7th 1:00 p.m.

Hassan Kadam is an extraordinarily talented and largely self-taught culinary novice. When he and his family are displaced from their native India and settle in a quaint French village, they decide to open an Indian eatery. However, Madame Mallory, the proprietress of an acclaimed restaurant just 100 feet away, strongly objects. War erupts between the two establishments, until Mallory recognizes Kadam's impressive epicurean gifts and takes him under her wing.



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

Gifts of Kindness

Do you know of someone living in the community who could use a little TLC? Turn an ordinary day into something special with a small, thoughtful gesture. It could be a friendly note, a visit, a bouquet of flowers or a home cooked meal delivered to them. So if you know someone struggling through a difficult time or recovering from an illness away from home, as a way of looking out for each other and connecting through kindness, we encourage you to nominate a person who you feel could benefit from this act. Call the Council on Aging and ask to speak to Meg Albert, Outreach Coordinator, to discuss the best approach to the nominee's needs.

Join Us At The Center

With the reduced hours of sunlight, colder temperatures and barren landscape that comes about in the winter months it is normal to experience the Winter Doldrums. To help overcome this, come to the Center and try a new activity like the Senior Learning Network, Bingo, Bridge, Mah Jong, Films, Watercolor and Basket Weaving Classes, Knit and Crochet Circles. Practice Mindfulness through Meditation. Join a robust group who exercise through-out the week. Enjoy Lunch at the Center where you will get to meet new people and share great fellowship. If you would like to learn about any of the programs mentioned, call the Council on Aging office at 508-748-3570 and any of the staff would be more than happy to speak with you.

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.

February Menu

February 3rd — French Dip Biscuit with Onion Rings

February 10th — Baked Fish with Rice and Vegetable

February 17th — Closed for President's Day Holiday

February 24th — Cajun Shrimp with Red Beans & Rice

February 5th — Chicken Zucchini Casserole with Rice

February 12th — Pork Roast with Sweet Potato and Vegetable

February 19th — Sweet & Sour Chicken with Rice

February 26th — Taco Stuffed Baked Potato and Salad

February 7th — Linguica Stew with Portuguese Pops

February 14th — Beef Burgundy with Mashed Potatoes and Vegetable

February 21st — Minestrone Soup with Monte Cristo Sliders

February 28th — Bacon & Zucchini 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.



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, February 4th 2:00 p.m.—“We Return Fighting”: The Harlem Hellfighters in World War I National Museum of the United States Army In the 191 days the men spent on the front lines in France no ground was lost and no man was captured. Their actions earned them the nickname “Hellfighters.” Explore the commitment, challenges and bravery of the Harlem Hellfighters. Learn how their actions, along with the World War I veterans, contributed to the Allied victory. Examine the legacy of their service and its impact on the Civil Rights Movement.

Tuesday, February 11th 2:00 p.m.—“Small Cave No More”: Jewel Cave National Monument Learn about one of the longest caves in the world! Over 220 miles long, Jewel Cave is known for its length and the unique crystal formations that cover the cave walls. The cave is located in Custer, South Dakota.

Tuesday, February 18th 2:00 p.m.—Martin Van Buren National Historic Site In pre-Civil War America, Van Buren was central to the creation of America’s political parties and to the largest crisis of his time, slavery. Join us as we learn about this historic site, Lindenwald, an estate he purchased in his hometown of Kinderhook in 1839.

Tuesday, February 25th 2:00 p.m.—“Freer in Egypt”: National Museum of Asian Art Charles Lang Freer developed an interest in Ancient Near Eastern objects in 1902 when he began to collect examples of the region’s ceramic vessels. Freer traveled throughout Egypt for about two months until January 1907, allowing him to develop his first impressions of 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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