



MARION
COUNCIL
ON AGING

Special Events

Brain Builders

**Mondays, March 3rd & 10th
April 7th & 14th 1:00 p.m.**

Join this series of classes to learn tips and techniques to help improve memory, word-finding, thinking skills and socialization. A focus of this class will be to help you find that word on the tip of your tongue. Register for this class by calling 508-748-3570.

Funding is provided by a grant from Coastline Elderly Services and the Massachusetts Executive Office of Aging and Independence. Classes are for education and socialization and not intended to diagnose or treat any condition.



Crafting with Lidia

Friday, March 14th 1:00 p.m.

Wouldn't this look great on your front door to welcome spring? With spring right around the corner this is the perfect time to join us to make this beautiful decoration. Cost of the class is \$20, everything you will need to create this decoration will be provided. Call 508-748-3570 to secure your spot.



St. Patrick's Day Concert

Monday, March 17th 1:00 p.m.

Aiofe Clancy will be on hand to bring us a touch of Ireland. By the age of 15, Aiofe was performing with her father in Folk Clubs and festivals around the country. She was asked to join the well renowned Irish American Ensemble Cherish the Ladies with whom she performed over 200 shows a year, touring the States and Europe. The group was nominated for a Grammy. Aiofe has also performed as a soloist with the Boston Pops and other symphonies and recorded many CDs. We consider ourselves very fortunate to have her share her talents with us.

Thank you to the Friends of the Marion Council on Aging for sponsoring this event.



Cooking Demonstration

Tuesday, March 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.

Meet & Greet with new State Representative Mark Sylvia

Thursday, March 20th 11:00a.m.

Mark Sylvia is the newly elected State Representative for the 10th Bristol District serving Acushnet, Fairhaven, Marion, Mattapoisett, New Bedford and Rochester. Mark pledges to fight to control the costs that impact the lives of our families, seniors and young people every day—particularly the costs of healthcare, housing and childcare. He is committed to have a positive impact on the district and our region and help solve the challenges we face. Join us over brunch as we welcome Mark to his new position. Take this opportunity to let him know what is on your mind, bring any questions and concerns you may have. Please RSVP for this event by calling 508-748-3570.

Spa Day at the Marion COA

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

Autumn Glen at Dartmouth will be treating us to a day of pampering. You will get to take a break and unwind with some soothing chair massages, calming hand massages and essential oils. The perfect opportunity to relax, recharge and enjoy. Space is limited, call 508-748-3570 to reserve a space.

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 Aging and Independence. 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, March 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

Welcome Spring

March 7th— April 2nd

This show will feature pieces of art that conjure up the feeling of spring as we immerse from a long winter.



COA Book Club

Wednesday, March 19th 1:00 p.m.

The Book Club will be discussing This is Happiness by Niall Williams, a novel set in rural Ireland that evokes, in a leisurely storytelling style, the ways of a village and its people in a time gone by. Copies can be checked out at the ETL (headquartered at the Marion Music Hall). 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, March 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, March 31st 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.



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.

AARP TaxAide

IRS Certified volunteers will be at the Council on Aging filing Federal and State Taxes on Tuesdays starting in February 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.

March Menu

March 3rd — Ham & Potato Casserole with Green Beans

March 10th — Chicken Pot Pie with Salad

March 17th — Reubens with Potato Salad

March 24th — Big Mac Sliders with Potato Wedges

March 31st—Tortellini Soup with Garlic Bread

March 5th — Chili with Rice and Cornbread

March 12th — Spaghetti & Meatballs with Salad

March 19th — Broccoli & Cheddar Cheese Soup with 1/2 Chicken Salad Sandwich

March 26th — Chopped Antipasto Salad

March 7th — Egg Salad Sandwich with Potato Chips & Pickle

March 14th — Shrimp Carbonara

March 21st — BLT Sandwich with Pasta Salad

March 28th — Shepherd's Pie 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.



Special Events Continued

Mike Bernard, Screenwriter, Author & Playwright

Monday, March 24th 1:00 p.m.

Mike will be here to talk about his three novels: Gaelic & Garlic: A Boston Love Story (Charlestown), The Crossing Guards (Southie) and Crossing The Sagamore (Dorchester). Mike will present his "Boston Irish Belt Trilogy Novels" and the discussion will include local inspirations, writing process, screenplay adaptations, Irish Catholic guilt and passive aggressive mothers (definitely not his own). We think you will enjoy Mike's sense of humor. Hope to see you at this spotlight on local talent.



An Afternoon of Music with Marvin Perry. Memories from the 50's, 60's & 70's

Friday, March 28th 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.



Parkinson's Support Group

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

Poms

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

Martha is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl, a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it's never too late to follow your dreams, even when the odds are stacked against you.



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. You must register by Friday of the previous week for this trip.

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 Aging and Independence. Call the office to coordinate this service.

Damien's Home Delivery

Damien's Food Pantry offers a home delivery program for those in need. It is for people who find themselves housebound and/or unable to get out to the supermarket to shop. The home delivery program requires a doctor's note for eligibility. Once a person is accepted, a designated volunteer through Damien's will be able to make a home food delivery twice a month. You can reach out to the COA for more information about Damien's or contact them directly. The contact person at Damien's is Executive Director, Rachel Resendes, 508-295-3486.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>10:00 a.m. Chair Yoga, free</p> <p>12:00 p.m. Lunch</p> <p>1:00 p.m. Parkinson's Support Group</p> <p>1:00 p.m. Brain Builders</p>	<p>4</p> <p>9:15 a.m. Strength & Conditioning, free</p> <p>10:20 a.m. Hand & Foot</p> <p>10:30 a.m. Meditation</p> <p>2:00 p.m. Senior Learning Network</p>	<p>5</p> <p>9:00 a.m. Tai Chi, \$5 suggested donation</p> <p>9:15 a.m. Motion & Balance, free</p> <p>12:00 p.m. Lunch</p> <p>1:00 p.m. Memory Café</p>	<p>6</p> <p>9:00 a.m. Tai Chi, \$5</p> <p>1:00 p.m. Bridge, \$2</p> <p>1:00 p.m. Knit, Crochet Group</p> <p>1:00 p.m. Matter of Balance</p>	<p>7</p> <p>9:00 a.m. Watercolor Class, \$15</p> <p>9:15 a.m. Strength & Conditioning, free</p> <p>10:30 a.m. Mah Jong</p> <p>12:00 p.m. Lunch</p> <p>1:00 p.m. Friday Flick</p>
<p>10</p> <p>10:00 a.m. Chair Yoga, free</p> <p>12:00 p.m. Lunch</p> <p>1:00 p.m. Brain Builders</p>	<p>11</p> <p>9:15 a.m. Strength & Conditioning, free</p> <p>10:20 a.m. Hand & Foot</p> <p>10:30 a.m. Meditation</p> <p>10:30 a.m. Basket Weaving, \$20</p> <p>2:00 p.m. Senior Learning Network</p>	<p>12</p> <p>9:00 a.m. Tai Chi, \$5 suggested donation</p> <p>9:15 a.m. Motion & Balance, free</p> <p>12:00 p.m. Lunch</p> <p>1:00 p.m. Memory Café</p> <p>5:00 p.m. LGBTQ+ Supper</p>	<p>13</p> <p>9:00 a.m. Tai Chi, \$5 suggested donation</p> <p>1:00 p.m. Bridge, \$2</p> <p>1:00 p.m. Knit, Crochet Group</p> <p>1:00 p.m. Matter of Balance</p>	<p>14</p> <p>9:00 a.m. Watercolor Class, \$15</p> <p>9:15 a.m. Strength & Conditioning, free</p> <p>10:30 a.m. Mah Jong</p> <p>12:00 p.m. Lunch</p> <p>1:00 p.m. Crafting with Lidia, \$20 Reg. Req.</p>
<p>17</p> <p>10:00 a.m. Chair Yoga, free</p> <p>12:00 p.m. Lunch</p> <p>1:00 p.m. St. Patrick's Day Concert</p>	<p>18</p> <p>9:15 a.m. Strength & Conditioning, free</p> <p>10:20 a.m. Hand & Foot</p> <p>10:30 a.m. Meditation</p> <p>12:00 p.m. Cooking Demo. Reg. Req.</p> <p>1:00 p.m. Support Group</p> <p>2:00 p.m. Senior Learning Network</p>	<p>19</p> <p>9:00 a.m. Tai Chi, \$5 suggested donation</p> <p>9:15 a.m. Motion & Balance, free</p> <p>12:00 p.m. Lunch</p> <p>1:00 p.m. Memory Café</p> <p>1:00 p.m. Book Club</p>	<p>20</p> <p>9:00 a.m. Tai Chi, \$5 suggested donation</p> <p>11:00 a.m. Brunch with Mark Sylvia, Reg. Req.</p> <p>1:00 p.m. Bridge, \$2</p> <p>1:00 p.m. Knit, Crochet Group</p> <p>1:00 p.m. Matter of Balance</p>	<p>21</p> <p>9:00 a.m. Watercolor Class, \$15</p> <p>9:15 a.m. Strength & Conditioning, free</p> <p>10:30 a.m. Mah Jong</p> <p>12:00 p.m. Lunch</p> <p>1:00 p.m. Spa Day, Reg. Req.</p>
<p>24</p> <p>10:00 a.m. Chair Yoga, free</p> <p>12:00 p.m. Lunch</p> <p>1:00 p.m. Lecture</p>	<p>25</p> <p>9:15 a.m. Strength & Conditioning, free</p> <p>10:20 a.m. Hand & Foot</p> <p>10:30 a.m. Meditation</p> <p>10:30 a.m. Basket Weaving, \$20</p> <p>2:00 p.m. Senior Learning Network</p>	<p>26</p> <p>9:00 a.m. Tai Chi, \$5 suggested donation</p> <p>9:15 a.m. Motion & Balance, free</p> <p>12:00 p.m. Lunch</p> <p>1:00 p.m. Memory Café</p>	<p>27</p> <p>9:00 a.m. Tai Chi, \$5 suggested donation</p> <p>1:00 p.m. Bridge, \$2</p> <p>1:00 p.m. Knit, Crochet Group</p> <p>1:00 p.m. Matter of Balance</p>	<p>28</p> <p>9:00 a.m. Watercolor Class, \$15</p> <p>9:15 a.m. Strength & Conditioning, free</p> <p>10:30 a.m. Mah Jong</p> <p>12:00 p.m. Lunch</p> <p>1:00 p.m. Concert</p>
<p>31</p> <p>10:00 a.m. Chair Yoga, free</p> <p>12:00 p.m. Lunch</p> <p>1:00 p.m. Bingo, \$</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.

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.



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, March 4th 2:00 p.m.—Exploring the Southwest: The Coronado Expedition of 1540 Join us at the Coronado National Monument in Arizona as we discuss the first major Spanish exploration of the American Southwest.

Tuesday, March 11th 2:00 p.m.—Black Homesteaders in Nebraska: Audacious The Homestead Act of 1862 provided African Americans with the prospect of land and home ownership. Learn about their experiences and communities they created.

Tuesday, March 18th 2:00 p.m.—Everglades National Park Join us as we learn about the plants, animals, adaptations and life cycles of these beautiful lands.

Tuesday, March 25th 2:00 p.m.—Monuments Men During WWII, a team of historians, museum professionals scholars, architects, and archivists came together to protect European cultural sites from war damage.

Trip to Parker's Maple Barn & Averill House Winery

Thursday, May 15th departure at 10:00 a.m. return approximately 6:30 p.m.

Join us for a delicious day to Parker's Maple Barn in Mason, NH. Feast on a fantastic brunch that includes fresh maple syrup, maple ham, pancakes, eggs and more. Shop in their store and bring home a taste of New Hampshire. After brunch, we will take a trip to Averill House Vineyard for a tour with a wine tasting. Averill House is a family owned winery located in a restored 1830's barn in Brookline, NH. Trip operated by Bloom Tours. Cost of the trip is \$95 and includes transportation, brunch, wine tasting and driver gratuity. Thank you to the Friends of Marion COA for their sponsorship. Marion residents will have priority until March 31st to register for this trip and then registration to neighboring towns will be accepted.

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.

Postage for this newsletter is
paid for through a grant from
The Executive Office of Elder Affairs.

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