



MARION  
COUNCIL  
ON AGING

Special Events

**A Photographer's View of Marion Village**

**Tuesday, April 8<sup>th</sup> 1:00 p.m.**

Long time Marion resident and avid photographer, Bryan McSweeney, will present a slide presentation on photographs from his recent book on Marion's historic and architectural properties. Bryan has spent many years photographing historic properties throughout New England and would like to share his work and his knowledge of historic Marion with you.



**Culture Park Short Plays**

**Monday, April 11<sup>th</sup> 1:00 p.m.**

The Culture Park Uncommon Lunch Players will be presenting a selection of fun, entertaining and relevant short plays entitled *Spring Shorts*.



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

**Cooking Demonstration**

**Tuesday, April 15<sup>th</sup> 12:00 p.m.**

Join us for a lunchtime cooking demonstration with Barbara Canel, 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.



**Trip to Upper Cape Cod Regional Technical School**

**Thursday, April 17<sup>th</sup> 9:15 a.m.**

Start the day with a manicure from the Cosmetology students. Regular manicures \$8 & spa manicures \$12. At 11:15 a.m. we will make our way over to the Canalside Restaurant for lunch, you will be responsible for the cost of your lunch and gratuity. Sign up by calling 508-748-3570 beginning on April 1<sup>st</sup>.



**Trivia**

**Friday, April 18<sup>th</sup> 1:00 p.m.**

Come take part in a friendly game of trivia. Representatives from Ascend Health will be on hand to test our knowledge. Snacks and prizes will be awarded. Call 508-748-3570 to sign up for this fun afternoon!

**Cycle of Memory**

**Friday, April 25<sup>th</sup> 1:00 p.m.**

Join us for a special intergenerational screening of *Cycle of Memory*. This is an award-winning documentary about two siblings' bicycle adventure to find the memories their Grandfather lost to Alzheimer's. Mel Schwartz escaped the Great Depression on a bicycle adventure he'd remember for the rest of his life. But when Alzheimer's takes Mel's memories away, it is left to his grandkids to recreate the life-changing bike trip to find those memories again. *Cycle of Memory* explores the importance of intergenerational connection, healing painful pasts and leaving a meaningful time capsule for the future. This 72 minute film will be followed by a Q & A with the filmmaker.



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

### Council on Aging Staff:

Karen Gregory, Director  
kgregory@marionma.gov  
Mike Poznysz, Transportation  
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Linda Jackvony, Program  
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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, April 15<sup>th</sup> 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

### Images of Animals

April 4<sup>th</sup> — April 30<sup>th</sup>

From realistic to fantastical, this will be the artists' interpretation, letting their imaginations run wild.



## COA Book Club

Wednesday, April 16<sup>th</sup> 1:00 p.m.

The Book Club will be discussing The Happiest Man on Earth. This book by Eddie Raku, who at 100, wrote a memoir of his incredible life story of survival in Nazi concentration camps. This inspiring book is infused with love, hope and gratitude for life. Books are available 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, April 9<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, April 28<sup>th</sup> 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.



## New Program—Road Scholar Lectures

Learn from Road Scholar's expert instructors around the world as they discuss fascinating topics like art history, world cultures, archaeology, geology and more.

**Wednesday, April 2<sup>nd</sup> 1:00 p.m.—10 Questions With: Tomasina Ray, President of RMS Titanic Inc.** RMS Titanic Inc. leads the company's efforts as Salvor-in-Possession and stewardship of the Titanic Artifact Collection. They have recovered more than 5,500 artifacts. With expertise in the origins, recovery, conservation and research of this unparalleled collection, Tomasina is dedicated to preserving the memory of the Titanic and its passengers for future generations.

**Wednesday, April 9<sup>th</sup> 1:00 p.m.— Great American Poets—Whitman, Dickinson, Beats & Gorman** James Dalesandro is a bestselling novelist, journalist and filmmaker. He will be leading this discussion on some of the most talented poets of our time. James has lectured with Road Scholars on dozens of topics for more than 15 years.

**Monday, April 14<sup>th</sup> 1:00 p.m.—Doris Kearns Goodwin on Leadership in Turbulent Times** Doris Kearns Goodwin is a world-renowned presidential historian, public speaker, Pulitzer Prize-Winner and #1 New York Times best-selling author. Her acclaimed book, 'Leadership: In Turbulent Times,' draws on five decades of scholarship on Lincoln, both Roosevelts and LBJ.

*These programs are presented virtually.*

## April Menu

April 7<sup>th</sup> — Beef Stew & Dinner Roll

April 14<sup>th</sup> — American Chop Suey & Salad

April 21<sup>st</sup> — Closed in Observance of Patriots Day

April 28<sup>th</sup> — Hot Dog, Baked Beans & Brown Bread

April 2<sup>nd</sup> — Chicken Caesar Salad with Garlic Bread

April 9<sup>th</sup> — Roasted Vegetables Over Rice Pilaf

April 16<sup>th</sup> — Tomato Basil Rotini Soup with 1/2 Grilled Cheese & Ham Sandwich

April 23<sup>rd</sup> — Mac n' Cheese with Vegetable

April 30<sup>th</sup> — Ham & Swiss Quiche with Potato Crust

April 4<sup>th</sup> — Thanksgiving Sandwich with Broccoli Salad

April 11<sup>th</sup> — Ham Dinner

April 18<sup>th</sup> — Greek Salad with Garlic Bread Sticks

April 25<sup>th</sup> — Open Faced Pulled Pork Sandwich with Cole Slaw

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

Tuesdays at 2:00 p.m.

### April 1<sup>st</sup>—Tour of the Petroleum Museum, Permian Basin

This museum tells the story of petroleum and the rugged lives of men and women who sought a better life. You will be taken on a journey over 230 million years of history. The mission of the museum is to share the petroleum and energy story and its impact on our lives.

### April 8<sup>th</sup>—Stars of the Vikings-Mystic Seaport Museum

Learn about the stars and constellations as seen by Norse people in the European region of Scandinavia. Stories of these ancient seafarers and Norse legends that sought to explain phenomena in the sky will be discussed.

### April 15<sup>th</sup>—The Civil Rights Trail—Selma Interpretive Center

This commemorates the people, places and marches of the 1965 Selma to Montgomery Voting Rights Movement and the Selma to Montgomery March. Join Ranger Theres Hall with the National Park Service's Selma to Montgomery National Historic Trail for an introduction to the Voting Rights Movement and the Trail that commemorates it.

### April 22<sup>nd</sup>—Federal One: Saving the Arts in the Great Depression/FDR Presidential Library and Museum

One of the lesser known aspects of the WPA— this project helped to ensure that the American creative spirit continued on in writing , visual arts, dance and performance during the dark days of the Great Depression.

## Parkinson's Support Group

Monday, April 7<sup>th</sup> 1:00 p.m.

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](mailto:sgriffith@marionma.gov), or the Marion COA at 508-748-3570.

Monday, May 5<sup>th</sup> 1:00 p.m.

**Guest Speaker—Lu Brito**  
**Senior Program Director of**  
**Gleason Family YMCA**

## Friday Flick

### Going In Style

Friday, April 4<sup>th</sup> 1:00 p.m.

Lifelong buddies Willie, Joe and Albert decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.



## Celebrating 100 Years

The Friends of Marion Council on Aging are hosting a Centenarian Celebration at the Community Center. Join us on the 100<sup>th</sup> day of the year, April 10<sup>th</sup>, 2025, at 12:00 p.m. to celebrate residents turning 100 years old in 2025.

This year Ann & Roy Wingate will both be turning 100! To recognize this milestone, the Friends will be throwing a party. Come together to celebrate. A light lunch and cake will be served.

Call 508-748-3570 by March 31<sup>st</sup> to make your reservation.



## Mindful Movement

### Mindful Movement for People with Parkinson's

Are you looking for a small group exercise program tailored to the unique needs of individuals living with Parkinson's? This program offers functional movement experiences—both seated and standing— along with selected yoga postures and breathing exercises to support those in the early stages of Parkinson's. Together, we'll enjoy the benefits of movement while addressing common challenges and embracing the joy of exercise. 6 week session begins on April 10th at 10:00 a.m. Cost for the 6 week series is \$60, financial assistance available. Instructor Linda Vivino—Yoga Teacher. Call 508-748-3570 to register or for more information.

*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)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:15 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Meditation 2:00 p.m. Senior Learning Network	2 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. Road Scholar	3 9:00 a.m. Tai Chi, \$5 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group 1:00 p.m. Matter of Balance	4 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
7 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group 1:00 p.m. Brain Builders	8 9:15 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Meditation 10:30 a.m. Basket Weaving, \$20 1:00 p.m. Lecture 2:00 p.m. Senior Learning Network	9 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. Road Scholar 5:00 p.m. LGBTQ+ Supper	10 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group 12:00 p.m. Centenarian Celebration Reg. Req. 1:00 p.m. Matter of Balance	11 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. Culture Park Short Plays
14 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Brain Builders 1:00 p.m. Road Scholar	15 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 2:00 p.m. Senior Learning Network	16 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	17 9:00 a.m. Tai Chi, \$5 suggested donation 9:15 a.m. Trip to Upper Cape 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group 1:00 p.m. Matter of Balance	18 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. Trivia
21 	22 9:15 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Meditation 10:30 a.m. Basket Weaving, \$20 2:00 p.m. Senior Learning Network	23 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	24 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group 1:00 p.m. Matter of Balance	25 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. Movie Screening
28 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$	29 9:15 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Meditation 2:00 p.m. Senior Learning Network	30 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	<b>Duplicate Bridge</b> 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.	

## Technology Classes

**Android Smartphone Workshop** Overview & Hands-On Session Thursday, April 3<sup>rd</sup> 10:00 a.m.—12:00 p.m.  
**iPhone Smartphone Workshop** Overview & Hands-On Session Thursday, April 17<sup>th</sup> 10:00 a.m.—12:00 p.m.  
**Laptop/iPad Workshop** Overview & Hands-On Session Thursday, April 24<sup>th</sup> 10:00 a.m.—12:00 p.m.

Each class is limited to 6 participants

Join us for an interactive session where you will gain a better understanding of your smartphone/tablet.

Bring your device and any questions you have for a hands-on learning experience.

Classes are free

Funding is provided by the MA Broadband Institute's

Digital Equity Partnerships Grant

To register call 508-748-3570



## Trip to Parker's Maple Barn & Averill House Winery

**Thursday, May 15<sup>th</sup> 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 31<sup>st</sup> 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.

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