



MARION  
COUNCIL  
ON AGING

**Special Events**

**Art For Your Mind...**

**Ansel Adams' Artistry**

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

Interpret and enjoy the creative work of one of America's most admired photographers and conservationists. Learn about his unique and visionary use of photography as an art form. Art For Your Mind is an engaging, educational art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds—artists and non-artists alike. In just one hour you'll discover ways to get more out of looking at art. The guided format and carefully selected images reveal clues and meaningful connections.



**Flower Arranging**

**Tuesday, May 6<sup>th</sup> 1:00 p.m.**

Members of the Marion Garden Group will be on hand to help us put together a beautiful 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.

**Cooking Demonstration With Linda Medeiros of Pampered Chef**  
**Thursday, May 8<sup>th</sup> 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.

**CarFit**

**Friday, May 9<sup>th</sup>**

**9:00 a.m.—12:00 p.m.**

There is a lot more to safe driving than how you drive. Having the proper fit inside your vehicle can make a big difference and help protect you and those around you. With CarFit, an educational program developed by AARP and the American Occupational Therapy Association, you will get information and resources on how you can enhance your safety in the driver's seat. At a CarFit event, trained experts will show you how you can enhance your comfort, safety and fit within your vehicle. Appointments are necessary to participate. Call Rachelle Rogers at 508-973-5901 to sign up. A representative from the Marion Fire Department will be present to inspect child car seats.

*Rain date: Friday, May 23<sup>rd</sup>*

**Carving Out Your Story**  
**An Oral History Workshop**  
**Monday, May 12<sup>th</sup> 1:00 p.m.**

Stories come from the most amazing places. If you've lived a life, you have stories to share! Carving Out Your Story is a 90 minute oral history workshop. It is a fun and friendly way to help you uncover interesting stories from your life. Award winning facilitators/storytellers Karen Chace and Andrea Lovett will use prompts and interesting activities to guide you through the process of finding those story jewels that deserve to be remembered. Stories are important, there are generations of children who have no concept of what it was like to grow up in the 30s, 40s, 50s, 60s, 70s and 80s...Come join us.

*This program is sponsored in part by a grant from the Marion Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*

**Cooking Demonstration**

**Tuesday, May 13<sup>th</sup> 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  
Paula Caron-Lecuyer, Kitchen  
Assistant

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

Wednesday, May 7<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

Bourne—Wareham Art Association  
May 2<sup>nd</sup>— June 4<sup>th</sup>

Bourne—Wareham Art Association  
Come out to view the works of this very talented group of artists.



## COA Book Club

Wednesday, May 21<sup>st</sup> 1:00 p.m.

The COA Book Club selection is Master, Slave, Husband, Wife by Ilyon Woo. This is the true and suspenseful story of Ellen and William Craft, who escaped slavery in 1848, fled to Boston and became internationally known abolition speakers and leaders. 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, May 14<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

There will be no bingo in May due to the Memorial Day Holiday. We look forward to playing with you again on June 30<sup>th</sup>.



## 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, May 7<sup>th</sup> 1:00 p.m.— Quintessential Van Gogh

Join art historian Dr. Matthew Palcynski to explore Van Gogh's most celebrated works in the context of Impressionism & the budding Post-Impressionism movements.

### Wednesday, May 14<sup>th</sup> 1:00 p.m.—Exploring Easter Island—

**Moai Mysteries & More.** Lecture and Q & A to learn about the history and mysteries of Rapa Nui (Easter Island).

**Monday, June 11<sup>th</sup> 1:00 p.m.—The Mount St. Helens Eruption—45 Years Later** Lecture and Q & A about the Mount St. Helens volcanic eruption and its continuing environmental impact.

*These programs are presented virtually.*

## Money Management Program

Are you having difficulty writing checks, balancing your checkbook and managing your money? Coastline's Money Management Program may be exactly what you need! A trained volunteer will visit you monthly and help you pay your bills and keep track of income and expenses. Please call Coastline if you are interested in this program: 508-742-9113.

*Coastline is always looking for volunteers in the Money Management Department. If you are interested in becoming a volunteer, contact: 508-742-9113.*



## May Menu

May 5<sup>th</sup> — Baked Fish with Rice Pilaf & Vegetable

May 12<sup>th</sup> — Cuban Sandwich with Potato Crowns & Truffle Aioli

May 19<sup>th</sup> — Meatloaf with Mashed Potatoes and Vegetable

May 26<sup>th</sup> — Closed for Memorial Day Holiday

May 7<sup>th</sup> — Barbecue Chicken and Corn Salad

May 14<sup>th</sup> — Venus De Milo Soup with Side Salad

May 21<sup>st</sup> — Chicken Chow Mein Sandwich

May 28<sup>th</sup> — Beef Burgandy with Mashed Potatoes

May 2<sup>nd</sup> — Lemon Chicken Orzo Soup with 1/2 BLT Sandwich  
May 9<sup>th</sup> — Texas Tater Tot Casserole with Cole Slaw

May 16<sup>th</sup> — Closed for Town Elections

May 23<sup>rd</sup> — Clam Chowder with 1/2 Tuna Salad Sandwich

May 30<sup>th</sup> — White Chicken Chili with Cheese Quesadilla

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

### **Plymouth County Mosquito Control Project**

**Monday, May 19<sup>th</sup> 1:00 p.m.**

At this presentation you will learn the importance of protecting yourself from mosquitoes and ticks, the diseases that they can carry, how to choose the most effective repellents and be educated on what objects to remove in and around your property that hold water.

### **Elder Law Lunch & Learn**

**Thursday, May 22<sup>nd</sup>**

**11:30 a.m.**

Attorney Jilian Morton of Bello & Morton, LLC will be on hand to provide guidance on issues that arise on the legal front as we age. Registration required, 508-748-3570.

### **SRTA**

**Friday, May 23<sup>rd</sup>**

**11:30 a.m.—1:00 p.m.**

SRTA will explain transportation options for seniors to doctor's appointments, food shopping, to visit a friend or anywhere within their service area. Need information about the Southcoast Rail? SRTA will be providing maps, routes and schedules. You can also get information about obtaining a Charlie Card.

### **Stroke Awareness Lunch & Learn**

**Thursday, May 29<sup>th</sup> 11:30 a.m.**

Join members of the Marion Fire Department and Health Department as they present an educational stroke awareness program. Topics include: stroke signs & symptoms, risk factors and healthy ways to prevent the risk of stroke. Register to attend by calling 508-748-3570.

### **Walt Whitman**

**Friday, May 30<sup>th</sup> 1:00 p.m.**

Stephen Collins will captivate the audience with his portrayal of Walt Whitman. He will truly bring the poet to life as he shares Whitman's life and works.

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

## Senior Learning Network

**Tuesdays at 2:00 p.m.**

**May 6<sup>th</sup>— "Life on the Edge":**

**Rocky Mountain National Park**

Explore the Rocky Mountain National Park's biodiversity.

Adapt to the harsh, high elevation environment with its extreme temperature fluctuations and thin air. This unique ecosystem is often referred to as alpine tundra.

**May 13<sup>th</sup>— How Inventions During WWI Changed America**

Join the U.S. Army Women's Museum for an exploration of six modern and everyday items that will unlock the history and legacies of the "Great War."

**May 20<sup>th</sup>— Bering Land Bridge, Alaska**

Bering Land Bridge National Preserve protects a small remnant of a once giant landmass that connected Asia to North America during the last ice age. Arctic animals, plants and people live harmoniously on this land as they have for time immemorial.

**May 27<sup>th</sup>—Whitney Art Museum**

Surround yourself with the iconic works of Andy Warhol and other artists who combine the styles of the Pop Art movement with western subject matter.

## Parkinson's Support Group

**Monday, May 5<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.

**Guest Speaker—Lu Brito**

**Senior Program Director of Gleason Family YMCA**

## Friday Flick

**What About Bob?**

**Friday, May 2<sup>nd</sup> 1:00 p.m.**

A successful psychotherapist loses his mind after one of his most dependent patients, a manipulative, obsessively compulsive narcissist, tracks him down during his family vacation.



## World Laughter Day

Come celebrate the 30<sup>th</sup> anniversary of Laughter Yoga on May 4<sup>th</sup> from 1:00 p.m.—2:00 p.m. at the Community Center. This free event will be held at the Pavilion. This event is for all ages and no experience is needed. In the event of rain the location will be changed to 11 Gibbs Avenue, Wareham. For more information contact Doug Savage: [56sailaway@gmail.com](mailto:56sailaway@gmail.com)

*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
<b>Duplicate Bridge</b>		<b>Mindful Movement for People with Parkinson's is held Thursdays at 10:00a.m. For more information or to register call 508-748-3570.</b>	1 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	2 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
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.				
5 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group 1:00 p.m. Lecture	6 9:15 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Meditation 1:00 p.m. Flower Arranging \$5 Reg. Req. 2:00 p.m. Senior Learning Network	7 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. Support Group 1:00 p.m. Road Scholar	8 9:00 a.m. Tai Chi, \$5 suggested donation 12:00 p.m. Pampered Chef \$5, Reg. Req. 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group	9 9:00 a.m. Watercolor Class, \$15 9:00 a.m.—12:00 p.m. Car Fit 9:15 a.m. Strength & Conditioning, free 10:30 a.m. Mah Jong 12:00 p.m. Lunch
12 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture	13 9:15 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Basket Weaving, \$20 10:30 a.m. Meditation 12:00 p.m. Cooking Demo. Reg. Req. 2:00 p.m. Senior Learning Network	14 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	15 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group	16 <b>Closed for Town Elections</b> 
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26 	27 9:15 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Basket Weaving, \$20 10:30 a.m. Meditation 2:00 p.m. Senior Learning Network	28 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	29 9:00 a.m. Tai Chi, \$5 11:30 a.m. Lunch & Learn Reg. Req. 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group	30 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

## Stroke Awareness Month Kick Off Event

Friday, May 2<sup>nd</sup> 10:00 a.m.—12:00 p.m.

Walk with community leaders and stakeholders

around the walking path to promote healthy living, along with learning the signs and symptoms of stroke, risk factors and ways to decrease the risk of stroke. We will be providing water, healthy snacks, informational literature, raffles, gift certificates and music. Walking is one of the most accessible and beneficial forms of exercise for Older Adults. Come walk with us!



## Friends of Marion Council on Aging Yard Sale

It is time to clean out those closets, garages, attics and basements. We request that only one box be donated at a time. If you have any questions, please give us a call: 508-748-3570.

Saturday

June 21<sup>st</sup>

9:00 a.m.—1:00 p.m.

Benjamin D. Cushing Community Center

465 Mill Street



## Boston Duck Tour



Thursday, July 10<sup>th</sup> departure at 8:00 a.m. return approximately 3:15 p.m.

Join us as we take an 80 minute narrated tour of Boston. This adventure will have you sitting on the edge of your seat in excitement. Boston "Ducks" are WWII amphibious style vehicles that travel on land and in water. We will see many famous sites and take a dip in the Charles for a skyline view. After, we head over to the Cheesecake Factory for lunch where you will have a choice from an extensive group menu. Trip operated by Bloom Tours. Cost of the trip is \$95 and includes transportation, tour, lunch and driver gratuity.

**Thank you to the Friends of Marion COA for their sponsorship.** Marion residents will have priority to register for this trip until May 16<sup>th</sup> 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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