



MARION
COUNCIL
ON AGING

Special Events

Caregiver Connection with Moxie Mobility

Friday, June 6th 1:00 p.m.

This program is for caregivers and their loved ones. Come share your challenges and learn solutions and strategies for overcoming obstacles to aging in place. The topic for discussion at this meeting will be motivation & self purpose.

This program is funded in part by a grant from Coastline Elderly Services, Inc., Massachusetts Office of Aging and Independence and the Federal Administration for Community Living.

For more information contact Kathy Clark, 508-450-6774 or kathy@moxiemobilitytraining.com

Dementia Discussion

Monday, June 9th 1:00 p.m.

Dr. Edward Hoffer will be on hand to talk about dementia. He will discuss what defines dementia, when to suspect you or a loved one may have it, what test your doctor should do if dementia is suspected, what treatments are available, how to avoid it and the role of a caregiver. Bring your questions and concerns and Dr. Hoffer will address them.



Mass Bar Elder Law Program

Tuesday, June 10th 1:00 p.m.

Attorney Brandon Walecka will be presenting on various topics from the latest edition of the Elder Law Education Guide. Gather information that could affect your life.



Trip to Mashpee Commons

Thursday, June 12th

9:30 a.m.—3:00 p.m.

Shop, dine & enjoy the experience at Mashpee Commons. Plenty of restaurants and stores to choose from. There is something for everyone. Call 508-748-3570 to reserve your space.



Summer Concert Series

Friday, June 13th 1:00 p.m.

Get carried away by the music of Tony & Pat. They will have you singing along and possibly even dancing to some of the music you grew up with.



Beautiful Butterflies

Monday, June 16th 1:00 p.m.

Joy Marzolf from New England Nature Talks will be leading this lecture on butterflies. We will learn about the large Eastern Swallowtail and colorful Monarch to the tiny Spring Azure. There is a varied range of size, color and patterns in New England butterfly species. Find out what makes a good butterfly habitat and how to attract more of these beautiful creatures.



Cooking Demonstration

Tuesday, June 17th 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.

Summer Concert Series

Friday, June 20th 1:00 p.m.

Gigi Abraham has been performing professionally for over thirty years. She has had a hit single on the National Billboard Hot 100 Chart and has recorded in New York City, Nashville and Los Angeles. Come and have a good time with your friends.

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
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the Town of Marion is not
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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, June 4th 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

Mixed Media & Fabric Arts Show
June 6th — July 2nd
The artists will use a variety of
media— fiber, paper collage,
ceramics, ink, wood...all mediums
will be displayed.



COA Book Club

Wednesday, June 18th 1:00 p.m.
The COA Book Club selection is, The
Great Alone by Kristin Hannah. This
book tells the harrowing story of a
Vietnam former POW, who returns
home a damaged man. He moves
his family to a remote part of
Alaska to start afresh. At first all
went well—until it didn't. 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
be meeting off-site this month. We
look forward to meeting again at the
Marion COA on July 9th.



Bingo

Bingo
Monday, June 30th 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.



Road Scholar Lectures

Wednesday, June 11th 1:00 p.m.—The Mount St. Helens Eruption—45 Years Later On May 18, 1980, Mount St. Helens erupted, causing the deadliest volcanic disaster in U.S. history. The massive event triggered earthquakes, a devastating avalanche, and powerful mudflows, leading to the deaths of 57 people, countless animals, and a transformed landscape. Join geologist Dr. Jennifer A. Thomson as she explores the factors leading up to the eruption, the mechanics of its lateral and vertical blasts, and its lasting environmental impacts that continue to shape the region today.

Tuesday, June 17th 1:00 p.m.— Honoring D-Day On June 6, 1944, the Allies undertook one of the most bold and significant operations of World War II—a massive amphibious and airborne assault in Normandy, marking the beginning of the end for Nazi oppression in Europe. The first 24 hours of Operation Overlord, codenamed “D-Day,” saw a united effort of American, British, and Canadian forces to overcome Hitler's formidable 'Atlantic Wall' and secure essential beachheads. Dr. Jones will unveil the strategic brilliance and steadfast bravery that marked this pivotal moment, propelling the Allies towards the liberation of Europe—a testament to extraordinary courage and strategic genius that clinched the Allied victory.

Wednesday, June 18th 1:00 p.m.— Beaches of New York City Break out the Coppertone and hop on the subway, we're heading to the sand and surf surrounding New York City. For the last three centuries, New Yorkers have day-tripped to escape the heat and experience that magical place where the ocean meets the shore. They traveled by paddle wheeler, steam train, electric trolley, subway, bus, and the family car to visit the beach, from exclusive resorts to the “playground of millions”. Coney Island, Brighton Beach, The Rockaways, Jones Beach, Orchard Beach, Riis Park all hold a special place in the memories of New Yorkers. Learn how these beaches have developed a unique architecture and infrastructure, a diverse and ever-changing persona across their histories, reflecting the aspirations of the beach goers themselves.

These programs are presented virtually.

June Menu

June 2nd — Vegetable Lasagna with Side Salad

June 9th — Spinach and Bacon Quiche with Corn Salad

June 16th — Beef Tacos with Spanish Rice

June 23rd — Stuffed Zucchini with Tortellini Salad

June 30th — Spaghetti with Meat Sauce and Garlic Bread

June 4th — Beef Stroganoff with Green Beans

June 11th — Chili Dogs with Potato Salad

June 18th — 1/2 Egg Salad Sandwich, Carrot Salad and Chips

June 25th — Rodeo Burgers with Macaroni Salad

June 6th — Tuna Stuffed Tomatoes with Broccoli Salad

June 13th — Chicken Caesar Salad with Garlic Bread

June 20th — Split Pea & Ham Soup with Grilled Cheese & Tomato Sandwich

June 27th — Italian Sub with Kale 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

Art For Your Mind

The Art of Ancient Egypt

Monday, June 23rd 1:00 p.m.

Experience sculpture, architecture, mummies and tomb artifacts from this fascinating ancient civilization. From the amazing craftsmanship to the powerful symbolism—there is a wealth of information.



Essential First Aid and Substance Use Recovery

Thursday, June 26th

11:00 a.m.— 12:30 p.m.

Marion Fire Department/EMS and Marion Public Health Director will be giving you an education that just may Save A Life. Training will include: CPR, AED usage, Naloxone, use of and Epipen, Choking relief and Stop the Bleed. Upon class completion lunch will be served. Registration required, 508-748-3570. Space is limited.

Dragonflies, Damselflies & Spread-wings: Beautiful and Beneficial

Friday, June 27th 1:00 p.m.

Joy Marzolf from New England Nature Talks will explain the difference between a dragonfly and damselfly as well as how to tell a male from a female. She will let you in on what they are doing in our yards. A great time to learn about these amazing flyers and how their presence in the neighborhood can benefit all of us.



Mindful Movement

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

Beginning June 5th—July 17th

10:00 a.m.—11:00 a.m.

\$60—Financial support available

Instructor: Linda Vivino

For more information and/or register, call Karen Gregory at 508-748-3570.

Celebration of Seniors

Friday, June 13th

9:00 a.m.—12:00 p.m.

White's of Westport

The Bristol County Celebration of Seniors will offer numerous resources, presentations on issues important to seniors, speakers and a complimentary breakfast.

To register contact Brian Rose, Bristol County District Attorney's Manager of Community Affairs at 508-961-1972 or Brian.Rose@Mass.Gov

Parkinson's Support Group

Monday, June 2nd 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, or the Marion COA at 508-748-3570.

Guest Speaker—Morgan Lafreniere, MSCCC-SLP, Speech Language Pathologist, Certified SPEAK-OUT Provider.

Friday Flick

Conclave

Friday, June 6th 1:00 p.m.

Conclave follows one of the world's most secretive and ancient events—selecting a new pope. The Church's most powerful leaders have gathered from around the world, locked together in the Vatican halls. Tasked with running this covert process, Cardinal Lawrence (Ralph Fiennes) finds himself at the center of a conspiracy and discovers a secret that could shake the very foundation of The Church. Also starring Stanley Tucci, John Lithgow, Isabella Rossellini.



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
2 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group	3 9:15 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Meditation	4 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	5 9:00 a.m. Tai Chi, \$5 10:00 a.m. Mindful Movement 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group	6 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 1:00 p.m. Lecture
9 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture	10 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 1:00 p.m. Legal Lecture	11 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	12 9:00 a.m. Tai Chi, \$5 suggested donation 9:30 a.m. Trip to Mashpee Commons 10:00 a.m. Mindful Movement 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group	13 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
16 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture	17 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. Road Scholar	18 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 1:00 p.m. Road Scholar	19 	20 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
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30 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$	Duplicate Bridge		Weekly Walks	
	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.		June—July—August Fridays at 10:30 a.m. Join Marion Fire/EMS, COA Outreach Coordinator and Public Health Nurse on the walking path of the Community Center as they lead a heart healthy walk.	

HEAR BETTER & ENJOY MORE: Thanks to a new audio system funded by Friends of Marion COA, at numerous presentations and activities shown on the Council on Aging calendar, we can now offer you a device to augment your hearing. Simply inquire at the desk to learn all about it. See what a difference this device will make in your enjoyment of our events.

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 21st

9:00 a.m.—1:00 p.m.

Benjamin D. Cushing Community Center

465 Mill Street



Boston Duck Tour



Thursday, July 10th 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.

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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Marion, Ma. 02738