



MARION
COUNCIL
ON AGING

Special Events

Dance

Monday, July 7th 1:00 p.m.

Have a wedding or special party coming up soon and want to brush up on your dance moves? Steve Vaughn will make sure we look good on the dance floor. Have fun while learning a new step or two and get some great exercise. Call 508-748-3570 to secure your spot.

CarFit

Thursday, July 10th

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 to 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 Rachele 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: Thursday, July 31st

Music, Dance & Fun

Friday, July 11th 1:00 p.m.

DJ Maxwell Kane will be at the Community Center pavilion to play some dance music for us all. He will show us how to do some line dancing and other fun dances that you may have seen recently and would like to learn how to do.

Experience Venice, Italy with Matt Davis

Monday, July 14th 1:00 p.m.

For over 1500 years, Venice has floated like a mirage above its canals and lagoon: serene, mysterious, dreamlike. In a presentation illustrated with dozens of original photos, learn how this unique city was first created, what daily life is like for its residents, why it is one of the world's most beloved travel destination and what challenges the city faces today. Matt has traveled to 35 countries, but Venice, Italy is his favorite. Join us as he reflects about Venice.



Healthy You Lunch & Learn

Thursday, July 17th

11:00 a.m.—12:30 p.m.

Presented by the Marion Board of Health and the Marion Fire/EMS Department. Topics will include: the importance of hydration, stroke & stress—how they are connected, tips to avoid strokes, symptoms of heat stroke and what to do to prevent/treat, and the importance of sunscreen. Southcoast Health will also be on hand offering cholesterol screenings. Bring your questions and concerns, take notes and then join us for a healthy lunch. Reservations are required. Call 508-748-3570 to make yours.

Summer Concert Series

Friday, July 18th 1:00 p.m.

Dave Valerio will have everyone in high spirits as he plays some of your favorite songs. Enjoy a nice summer afternoon with your friends!

Stories of the American Flag

Monday, July 21st 1:00 p.m.

Nancy Franks will entertain us with stories of Old Glory that will take us from the surface of the moon to the South Pole and many more places in between. The presentation will end with a patriotic raffle. So put on your red, white and blue to celebrate. Call 508-748-3570 to make your reservation.



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, July 2nd 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

Seaside

July 3rd— August 6th

Images of what it means to embrace living by the sea.



COA Book Club

Wednesday, July 16th 1:00 p.m.

The COA Book Club selection is a rousing novel by Lynda Rutledge, West with Giraffes, which is based on a true Depression-era adventure of a young man driving two giraffes across the country. Books are available at the Elizabeth Taber Library. 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, July 9th 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, July 28th 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

Tuesday, July 8th 1:00 p.m.—The Life of Mary Todd Lincoln Join Dr. Samuel Wheeler, Director of Research at the Abraham Lincoln Presidential Library and Museum, to learn about the controversial life of Mary Todd Lincoln.

Tuesday, July 15th 1:00 p.m.— Sharks, Sea Turtles & Manatees Take a fascinating look at the conservation work happening at Mote Marine Laboratory. Programs Manager Jason Robertshaw will highlight how Mote’s scientists are protecting some of Florida’s most iconic marine animals—including sharks, sea turtles, and manatees—through cutting-edge research and monitoring. You’ll also learn about coral reef restoration and how decades of data are being used to preserve marine life for future generations. Discover how you can support efforts to keep our oceans thriving.

Tuesday, July 22nd 1:00 p.m.— Bastille Day Often called "Bastille Day" in English, July 14th marked a turning point in French history — but the French don’t actually use this name. This lecture explores the true significance of La fête nationale française, from the storming of the Bastille in 1789 to its role in shaping modern France. Join Nettah Yoeli-Rimmer to examine how the day evolved from revolutionary upheaval to an official national holiday, the debates over its meaning and how it is celebrated in France today. Through this, we’ll gain a deeper understanding of French national identity and the lasting legacy of the Revolution.

These programs are presented virtually.

July Menu

July 7th — Pizza (choice of veggie or sausage and onion) with Garden Salad

July 14th — Meatloaf Sandwich with French Fries

July 21st — Reuben Sandwich

July 28th — Mac n’ Cheese

July 2nd — Stuffed Potatoes

July 9th — Vegetable Primavera

July 16th — Pierogi Casserole

July 23rd — Nicoise Salad

July 30th — Pork Roast Dinner

July 4th — Closed

July 11th — Corn Chowder with 1/2 Ham Salad Sandwich

July 18th — Tomato Soup with Spinach & Gruyere Grilled Cheese

July 25th — Vegetable Soup with 1/2 Chicken Salad Sandwich

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

Cooking Demonstration **Tuesday, July 22nd 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.



Cooking Demonstration With Linda Medeiros of Pampered Chef **Thursday, July 24th 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.

Singo Bingo

Friday, July 25th 1:00 p.m.

Rock and roll singo bingo. It is bingo with a beat...we replace the numbers with your favorite songs. Test your musical knowledge, win some prizes and have some fun! Call 508-748-3570 to reserve your spot.



Farmers' Market Coupons

Coastline provides coupons for seniors to purchase fresh fruits and vegetables at local participating farmers markets. These coupons typically become available in July. Contact the Council on Aging at 508-748-3570 to confirm income eligibility and availability.



Chicken Bake

Marion Social Club's Annual Chicken Bake is set for Sunday, August 17th. Contact the Council on Aging office for more details and when tickets will become available.



Parkinson's Support Group

Monday, July 7th 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.

Elder Abuse Awareness

Signs of abuse include bruising, broken bones, abrasions, unexplained withdrawal from normal activities, unusual depression, sudden changes in financial situations, malnutrition, poor hygiene, hoarding behavior, lack of proper utilities, belittling or threats. Health care providers, mental health, social service professionals, police officers, fire fighters, and other professionals are mandated reporters of suspected abuse but everyone can use the hotline number to alert protective services of potential abuse whether it is emotional, physical, sexual or financial or a case of neglect or self-neglect. Anyone who has a concern about possible abuse can file a report with the state by calling 800-922-2275. When calling, they request people have the victim's name, address, date(s), and any other relevant information ready so they can explain the situation. This helps the Adult Protective Services team acquire enough information to follow up on the situation. To file a report online, go to www.mass.gov/info-details/report-abuse-of-adults-aged-60 and click on the online reporting link. To report abuse of a patient by nursing home or hospital staff, contact the Massachusetts Department of Public Health at 800-462-5540.

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
	1 9:15 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Meditation	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. Support Group	3 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	4 
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. Dance	8 9:15 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Basket Weaving, \$25 10:30 a.m. Meditation 1:00 p.m. Road Scholar	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 5:00 p.m. LGBTQ Supper	10 9:00 a.m. Tai Chi, \$5 suggested donation 9:00 a.m. CarFit, Reg. req. 10:00 a.m. Mindful Movement 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group	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. DJ Maxwell Kane
14 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture	15 9:15 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Meditation 1:00 p.m. Road Scholar	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 10:00 a.m. Mindful Movement 11:00 a.m.—12:30 p.m. Healthy Lunch & Learn, Reg. req. 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group	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. Concert
21 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture	22 9:15 a.m. Strength & Conditioning, free 10:20 a.m. Hand & Foot 10:30 a.m. Basket Weaving, \$25 10:30 a.m. Meditation 12:00 p.m. Cooking Demo. Reg. req. 1:00 p.m. Road Scholar	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 12:00 p.m. Cooking Demo. \$5, Reg. req. 1:00 p.m. Knit, Crochet Group	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. Singo Bingo
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	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	31 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group	

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.

Weekly Walks

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.

Jukebox 45 Show Band: Doo Wop Show at Aqua Turf—Plantsville, CT

Tuesday, September 9th departure at 8:00 a.m. return approximately 6:15 p.m.

Join us for a performance you will be talking about for awhile! This group plays some of the most memorable songs from the great era of Doo Wop. Paul Anka, The Duprees, Fred Parris & The 5 Satins, Larry Chance & The Earls, just to name a few. Celebrating decades of legendary music, you will not want to miss this. Start the event with coffee & donuts and then enjoy a family style lunch of Roast Beef and Chicken Francaise, along with sides and a complimentary glass of beer or wine. Trip operated by Bloom Tours. Cost of the trip is \$95 and includes transportation, show, lunch and driver gratuity. Marion residents will have priority to register for this trip until July 11th.

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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