

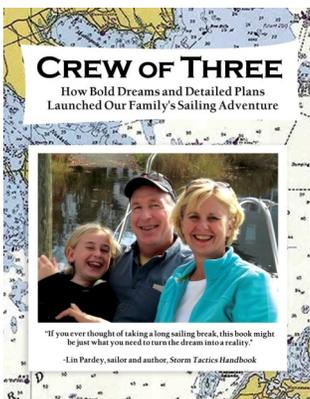


MARION
COUNCIL
ON AGING

Special Events

Cooking Demonstration With Linda Medeiros of Pampered Chef
Thursday, August 7th 12:00 p.m.
Learn some new techniques from Linda as she shares 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.

Author Visit
Friday, August 8th 1:00 p.m.
Come and meet Kimberly J. Ward of Mattapoisett, author of Crew of Three—how bold dreams and detailed plans launched their family’s sailing adventure. Kimberly is a traveler, adventurer and gardener. Not a sailor! Yet she, her husband and their 10—year—old daughter moved aboard their 34 foot boat for two years and sailed from Massachusetts to Grenada and back after two full years of planning. If you ever thought about living on a sailboat, this book might be just what you need to turn the dream into a reality.



Author Visit
Monday, August 11th 1:00 p.m.
Derek Decosta, author of The Moonlight King, will be on hand to talk about his book. Enjoy conversation with him as he talks about this true story of his life from a very young age to being an adult. It covers his adoption, and physical and mental abuse that he endured—it is a true display of the power of the human spirit. He will touch upon life’s hardships, healing and personal transformation—the power of forgiveness, personal growth and spiritual alignment. There are copies of his book available at the local library, if you would like to read it before attending.

South Coastal Counties Legal Services
Thursday, August 14th 1:00 p.m.
Members from this legal service will be on hand to cover many topics: Credit card debt & debt collection, options if you are behind on your mortgage, how to avoid a scam, Massachusetts consumer protection law, landlord-tenant issues, nursing home issues and health insurance denials. Bring your questions and concerns.



Summer Concert with Rebecca Pink
Friday, August 15th 1:00 p.m.
Rebecca Pink is an actor, singer, and dancer. She is also a songwriter and recording artist, and is one third of the band Fools for Grace. She has a Bachelor of Fine Arts in Musical Theatre Performance and has experience performing in various settings, including musicals, straight plays, and theatre requiring audience participation. Enjoy an afternoon of being enchanted by her voice.



Gyotaku Traditional Japanese Art
Monday, August 18th
1:00 p.m.— 3:00 p.m.
Diana Parsons will be on hand to demonstrate this technique. Learn how the Japanese recorded their catches with the art form “rubbing”. As part of this program you will get to make an original rubbing. This will be done on a piece of fine art paper or you are welcome to bring in your own t—shirt or pillow cover. This class is being offered free of charge, but space is limited. Call 508-748-3570 to secure 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

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, August 6th 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

Canalside Artists

August 8th— September 3rd

Come view the talent of this dedicated and passionate grouping of artists.



COA Book Club

Wednesday, August 20th 1:00 p.m.

The COA Book Club invites you to join them for a discussion of Crew of Three by Kimberly Ward of Mattapoisett, at which the author will be present. This will be a follow-up to her talk at the COA on August 8th. Her book records the decision making, preparation and two-year sailing adventure to Grenada and back with her husband and 10 year old daughter. It has been described as “part memoir and part instruction manual for breaking free of the ordinary.” Books are available at the Elizabeth Taber Library. New members are very welcome.

Hand & Foot

Tuesdays, 10:30 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.

Bingo

Bingo

Monday, August 25th 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

Monday, August 4th 1:00 p.m.—Moby-Dick: Origins of an Epic Take a fascinating look at the real-life inspirations behind one of the most enduring works of American literature. From harrowing accounts of shipwrecks to Melville’s own bravery and personal reflection. Discover how historical events, literary sources and Melville’s whaling voyages combined fact and fiction to produce a story that continues to captivate.

Tuesday, August 19th 1:00 p.m.— Decoding New York: A Journey Through Architectural Styles New York’s skyline tells a powerful story. Join NYC historian and architecture expert for a captivating exploration of the city’s architectural evolution. From humble colonial farmhouses to soaring Art Deco towers, learn about the styles that shaped the city’s landscape. Whether you are an architecture aficionado or just curious, discover how New York’s buildings reflect the ever-changing story of the city and its people.

Tuesday, August 26th 1:00 p.m.— Sacred Architecture of Peru: Pyramids & Temples of the Coast Join historian and archaeologist Oscar Velasco for an exploration of the sacred pyramids and temples of Peru. From the monumental adobe pyramids of the Moche to the sprawling temple complexes of the city of Lima, discover the architectural ingenuity and spiritual significance behind these awe-inspiring structures. Learn how ancient Peruvians designed these sacred spaces to align with celestial events, honor their deities and serve as centers of power. Through history, archaeology and recent discoveries, Oscar will unveil the stories embedded in these fascinating sites, offering a deeper understanding of Peru’s rich cultural heritage.

These programs are presented virtually.

August Menu

August 4th — Korean Sausage Bowl

August 11th — Greek Chicken Bowl

August 18th — Midwest Stir Fry

August 25th — Cauliflower, Bacon & Cheese Quiche

August 6th — Chicken Broccoli Divan

August 13th — Cobb Salad

August 20th — Chicken Parmesan Baked Ziti

August 27th — Meatball Sub

August 1st — Tuna Melt with Fries

August 8th — Wild Rice Soup with 1/2 BLT

August 15th — Beef Fried Rice with Garlic Green Beans

August 22nd — BBQ Chicken Dinner

August 29th — Chicken Salad Plate

We would love to have you join us for lunch and to socialize, but we understand not every menu is to one’s liking. So, we are now offering two alternative options : this month is Garden Salad or Tuna Salad Sandwich. We still require a 48 hour registration for whatever dining option you choose by calling 508-748-3570. There is a \$5.00 suggested donation per meal.



Special Events

Cooking Demonstration

Tuesday, August 19th 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.

What Lies Behind Your Dreams

Friday, August 22nd 1:00 p.m.

Dreaming is a natural function of sleep. Most people do not remember all of their dreams. It is possible to train yourself to remember more of what you dream. During this lecture Dr. Curtiss Hoffman will talk about what dreams are made of and what to do if you wake up right after having a dream. Dr. Hoffman will also point out that no one can tell you what your dream means—you are the dreamer and the final authority. Dreams shared during this session may not be shared outside of this session, what happens in dream group, stays in dream group.

My Chart

Friday, August 29th 1:00 p.m.

A representative from Coastline will be on hand to explain and demystify My Chart. This health app has all of your medical information at your fingertips—but you need to understand how to use it and what you are reading. It is a powerful tool to help you monitor and manage your health and wellness.

Farmers' Market Coupons

Coastline provides coupons for seniors to purchase fresh fruits and vegetables at local participating farmers markets. 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**. Stop by the Council on Aging to purchase your tickets.

Parkinson's Support Group

Monday, August 4th 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.

Tax Relief

Applications become available for qualified Marion residents in September to receive relief on their property taxes through the Marion Community Fund from the Community Foundation of Southeastern Massachusetts. The deadline is early October. Stop by the Council on Aging office to pick up an application.

Friday Flick

A Complete Unknown

Friday, August 1st 1:00 p.m.

In the early 1960s, 19-year-old Bob Dylan arrives in New York with his guitar and revolutionary talent, destined to change the course of American music. Forming his most intimate relationships during his rise to fame, he grows restless with the folk movement, making a controversial choice that reverberates worldwide.



LGBTQ + Supper Club

The LGBTQ+ Senior Supper Club will meet Wednesday, **August 13th** 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.

Yard Sale

Thank you to all of those who made our recent yard sale such a success. We have once again begun to accept your donations for the next yard sale. We request only one box at a time be donated. Questions, call 508-748-3570.



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
	Duplicate Bridge			1
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.				
4	5	6	7	8
10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group 1:00 p.m. Road Scholar	9:15 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Meditation	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	9:00 a.m. Tai Chi, \$5 suggested donation 10:00 a.m. Mindful Movement 12:00 p.m. Cooking Demo. Reg. req. \$5 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group	9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Author Visit
11	12	13	14	15
10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Author Visit	9:15 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Basket Weaving, \$25 10:30 a.m. Meditation	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	9:00 a.m. Tai Chi, \$5 suggested donation 10:00 a.m. Mindful Movement 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group 1:00 p.m. Legal Lecture	9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Concert
18	19	20	21	22
10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Gytaku Demo. Reg. req.	9:15 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Meditation 12:00 p.m. Cooking Demo. Reg. req. 1:00 p.m. Road Scholar	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	9:00 a.m. Tai Chi, \$5 suggested donation 10:00 a.m. Mindful Movement 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group	9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Dreams
25	26	27	28	29
10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$	9:15 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Basket Weaving, \$25 10:30 a.m. Meditation 1:00 p.m. Road Scholar	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	9:00 a.m. Tai Chi, \$5 suggested donation 10:00 a.m. Mindful Movement 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group	9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Lecture: My Chart

Mindful Movements 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 began on July 24th at 10:00 a.m. and will run through August 28th 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.

Trips

Jukebox 45 Show Band: Doo Wop Show, 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.
Thank you to the Friends of Marion COA for their sponsorship.

Boston Holiday Pops Orchestra
Thursday, December 18th departure at 11:00 a.m. return approximately 6:30 p.m.

Join Bloom Tours for a performance filled with holiday music favorites, the traditional Pops sing-a-long, and even a visit from jolly old Santa Claus. Seats are located 1st balcony. Before the show, we will go to the Cheesecake Factory for a delicious lunch. A perfect holiday celebration. Cost of trip is \$110.00 and includes transportation, lunch, show and driver gratuity. Marion residents will have priority to register for this trip until September 26th.
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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465 Mill Street
Marion, Ma. 02738