



Special Events

**Balance Clinic**

**Monday, September 8<sup>th</sup> 1:00 p.m.**

Work on improving stability to increase mobility. Get strong and safe at home. More than just exercise, this Balance Clinic is a practical training session that teaches how to move safely, prevent injury and recover with confidence. All levels of fitness are welcome. You can expect to learn how to get up from the floor, understand body mechanics, injury prevention, assistive devices, diminish the fear of falling and balance exercises.

*These programs are funded in part by a grant from Coastline Elderly Services, Inc., Massachusetts Executive Office of Aging & Independence, and the Federal Administration for Community Living.*

**Caregiver Connection**

**Friday, September 12<sup>th</sup> 1:00 p.m.**

Designed for caregivers and their loved ones this program gives you the chance to come together and share your challenges and learn solutions and strategies for overcoming obstacles to Aging in Place. The discussion topic for this session will be: Injury and Fall Prevention.



**Concert with That 60's Band**

**Friday, September 12<sup>th</sup> 1:00 p.m.**

Prepare to dance and sing along to your favorite songs of the 60's. Enjoy hearing the hits from such iconic groups as the Monkees, Rolling Stones, Beatles and Creedance Clearwater just to name a few.



**Palliative Care**

**Monday, September 15<sup>th</sup> 1:00 p.m.**

Palliative Care is a holistic approach that provides relief from both physical and psychological symptoms, caring for emotional and social needs and improving the quality of life. The Palliative Care Team will coordinate with doctors, relieve symptoms, alleviate stress and assist with medical decision making. The Team will provide their services wherever the individual chooses to call home. We encourage you to come learn more about this approach to gain some knowledge and insight which might become a valuable resource for you or someone you know since we can never anticipate what the future holds in store. Presentation will be made by Brooke Amaral, CDP, of Beacon Hospice.

**Cooking Demonstration**

**Tuesday, September 16<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.



**Cooking Demonstration with Pampered Chef**

**Thursday, September 18<sup>th</sup> 12:00 p.m.**

Learn some new techniques from Linda Medeiros 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.

**Discover South Dakota**

**Friday, September 19<sup>th</sup> 1:00 p.m.**

Collette Tours is excited to offer this opportunity to explore this region. They will give highlights of what to expect on this trip. You will visit Rapid City, Mt. Rushmore, The Badlands, Deadwood, Custer State Park and Crazy Horse Memorial and Devil's Tower National Monument.





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Marion Council on Aging, Marion, MA 06-5128

## Council on Aging Staff:

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Paula Caron-Lecuyer, Outreach  
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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*

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## 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, September 3<sup>rd</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

Canalside Artists

September 5<sup>th</sup>— October 1<sup>st</sup>

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



## Special Events

Art For Your Mind

Landscapes Old and New

Monday, September 22<sup>nd</sup> 1:00 p.m.

Develop your awareness of the many decisions artists face when constructing a landscape painting. Interpretations of nature from America, Europe and beyond become surprising and interesting when close observation is combined with insight into the artists and their goals.



Trivia

Friday, September 26<sup>th</sup> 1:00 p.m.

Come join us for a fun, friendly and challenging afternoon of trivia. Representatives from Ascend Health will be on hand to test our wits while awarding prizes and serving light refreshments.



## Parkinson's Support Group

Monday, October 6<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, or the Marion COA at 508-748-3570.

## Road Scholar Lectures

**Tuesday, September 2<sup>nd</sup> 1:00 p.m.—Monterey Pop: When Music Changed Everything** Join author and historian James Dalessandro for a look back at the groundbreaking Monterey Pop Festival, held in June 1967. Often considered the first major music festival, it drew more than 50,000 people to the Monterey Fairgrounds and marked the height of San Francisco's Summer of Love. The event introduced Janis Joplin to the world and featured the first U.S. performances by Jimi Hendrix and The Who, along with appearances by Jefferson Airplane, Otis Redding and others. Learn how this three-day celebration of music helped launch the counterculture movement and changed the course of popular music history.

**Tuesday, September 16<sup>th</sup> 1:00 p.m.— Beauty From Ashes: The Rebuilding of NYC's World Trade Center** Rising from the literal ashes of the attacks of September 11, 2001, the rebuilding of the new World Trade Center is meant to serve as a symbol of regeneration and resolve. This complex in Lower Manhattan, rewoven from the once-devastated 16 acres back into the vitality of New York City, is a compelling story of overcoming challenges from engineering to financial, territorial to political. Join NYC historian and architecture expert John Kriskiewicz to explore the architecture of this still-evolving district.

**Tuesday, September 30<sup>th</sup> 1:00 p.m.— King Tut's Secrets: Uncovering New Clues Through Technology** A hundred years after one of the most remarkable archaeological discoveries in history there are still secrets to uncover about the life and death of Pharaoh Tutankhamun? Join ancient civilization expert and National Geographic photographer Kenneth Garrett as he explores the technology that continues to reveal insights into King Tut's world. From CT scans of Tut's mummy to DNA studies of his family tree and ground-penetrating radar used to examine his burial chamber, you'll discover how modern advancements are reshaping our understanding of ancient Egypt. Plus, get a glimpse into the Grand Egyptian Museum, set to become the new home of King Tut's treasures.

These programs are presented virtually.

## September Menu

September 1<sup>st</sup> — Labor Day  
Holiday  
September 8<sup>th</sup> — Thanksgiving  
Sandwich  
September 15<sup>th</sup> — Caprese  
Sandwich with Leek & Potato  
Soup  
September 22<sup>nd</sup> — American  
Chop Suey  
September 29<sup>th</sup> — Sloppy Joes

September 3<sup>rd</sup> — Hot Dogs,  
Baked Beans & Cole Slaw  
September 10<sup>th</sup> — Stuffed  
Pepper Soup  
September 17<sup>th</sup> — French Onion  
Soup  
September 24<sup>th</sup> — Chicken  
Tortilla Soup

September 5<sup>th</sup> — Shrimp &  
Broccoli Scampi  
September 12<sup>th</sup> — Sweet &  
Sour Chicken  
September 19<sup>th</sup> — Shepherd's  
Pie  
September 26<sup>th</sup> — Taco Salad

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 Grilled Cheese or Egg 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.



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## Ice Cream Social

Join us on **Tuesday, September 2<sup>nd</sup>** at **12:30 p.m.** as we bid farewell to Summer with an ice cream social. For planning purposes, please call 508-748-3570 to make a reservation.



## Friday Flick

### Nonnas

**Friday, September 5<sup>th</sup> 1:00 p.m.**

Nonnas is a feel-good true story about a down-on-his-luck New Yorker who uses his late mother's inheritance to start an Italian restaurant honoring the carb-forward feasts she taught him to love. What distinguishes his restaurant, Enoteca Maria, from other red-sauce spots, though, is that the kitchen is staffed entirely by local nonnas. Those nonnas are played by a quartet of silver-screen legends in Susan Sarandon, Lorraine Bracco, Brenda Vaccaro and Talia Shire. Their talents are formidable, but their tempers run hot. The kitchen is as chaotic as the food is delicious.



## Flu Clinic

The Board of Health will be hosting a drive thru flu clinic on **Thursday, September 25<sup>th</sup>** starting at 9:00 a.m. High dose and regular flu vaccines will be available. Please call the Board of Health at 508-748-3530 to register and schedule your appointment. The clinic will be held under the tent in the parking lot of the Benjamin D. Cushing Community Center, 465 Mill Street.

## Town House Renovations

During renovations, business operations of the Marion Town House will be conducted at the Town House Annex located at 14 Barnabas Road—Sippican Office Park.

## 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.

## Bingo

### Bingo

**Monday, September 29<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.

## Outreach News

We want to welcome Paula Caron-Lecuyer to her new role as Marion Council on Aging's Outreach Coordinator. Her hours will be Monday & Wednesday 1:00 p.m.— 3:00 p.m. and Tuesday 9:00 a.m.—3:00 p.m. We encourage you to set up an appointment with Paula if you need assistance.

## LGBTQ + Supper Club

The LGBTQ+ Senior Supper Club will meet Wednesday, **September 10<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.



## Yard Sale

It is that time again. Time to clean out your attics, basements and garages and donate your treasures to the Friends of the Marion COA 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](http://www.fmcoa.org)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 9:15 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Meditation 12:30 p.m. Ice Cream Social Reg. Req. 1:00 p.m. Road Scholar	3 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	4 9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group	5 9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Movie
8 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Balance Clinic	9 9:15 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Meditation 10:30 a.m. Basket Weaving, \$25	10 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	11 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	12 9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Caregiver Connection 1:00 p.m. Concert
15 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Palliative Care	16 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	17 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	18 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	19 9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Discovering South Dakota
22 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Art For Your Mind	23 9:15 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Meditation 10:30 a.m. Basket Weaving, \$25	24 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	25 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	26 9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Trivia
29 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$	30 9:15 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Meditation 1:00 p.m. Road Scholar	<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.				

## 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 begins on September 11<sup>th</sup> at 10:00 a.m. and will run through October 16<sup>th</sup> 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.

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Marion Council on Aging, Marion, MA

06-5128

## Boston Holiday Pops Orchestra

Thursday, December 18<sup>th</sup> 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 in 1<sup>st</sup> 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 26<sup>th</sup>.

*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.

## Opportunity

### Senior Work-off Abatement Program

This program allows taxpayers to provide services to the town in exchange for a reduction in their tax bill. One must be over the age of 60 and own and occupy, as a principal residence, the property for which Marion taxes are paid. Only one qualifying resident of the property may participate.

Hourly compensation is based on the current state minimum wage and may not exceed \$750.00.

Registration for this program will be held on Tuesday, October 7<sup>th</sup> at 2:00 p.m. at the Community Center. Bring a photo i.d., a copy of your current tax bill, and a copy of trust (if applicable). For further information please call 508-748-3570.

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