



MARION COUNCIL ON AGING

Special Events

Medicare

Thursday, October 9th 1:00 p.m. Come listen as Jenna Feitelberg of Blue Cross/Blue Shield of Massachusetts explains the different Medicare supplement plans and coverages. Bring your questions and concerns. Be prepared for open enrollment which runs from October 15th through December 7th.



Evaluating Your Home Insurance Tuesday, October 14th 1:00 p.m.

Every year, natural disasters cause billions of dollars in damages. In this seminar, a representative from Edward Jones will talk about how having the right coverage can help you rebuild your life after one happens. Other topics that will be included for discussion are:

- Alzheimer’s early warning signs and how to prepare
• 8 common myths that can derail your financial strategy
• Protecting your children with your estate plan



Pharmacy “Brown Bag Day”

Thursday, October 16th 1:00 p.m. Do you take multiple medications? Not sure what they are all for? Bring your medications in a bag and sit down for a private, one-on-one consultation with a licensed pharmacist. Medications include topical lotions/creams/ointments, eye drops, inhalers, over the counter items and vitamins. The pharmacist will help you understand each medication, avoid harmful drug interactions, organize your daily doses and get answers to your questions. Registration is required for this event, space is very limited due to the nature and length of time for the consultation. Call 508-748-3570 to secure your spot.



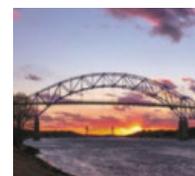
Scam Alert

Friday, October 17th 1:00 p.m. Robin Putnam from the Office of Consumers Affairs and Business Regulation will provide essential information to stay steps ahead of manipulative fraudsters. She will help you learn to spot and avoid scams. Information about the latest scams that they are seeing will be shared and she will instruct you on the steps to take if you have been a victim.

Nancy Franks Presents...

Stories of the Cape Cod Canal and the Three Canal Bridges

Monday, October 20th 1:00 p.m. Discover the rich history of this 17.4 mile man- made waterway. Explore the construction of the present-day Bourne Bridge, Sagamore Bridge and Railroad Bridge. Peek at the two replacement bridges that will be constructed over the next two decades and hopefully ease the traffic. Learn about the vessels that travel through the Cape Cod Canal as well.



Cooking Demonstration

Tuesday, October 21st 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.





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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, October 1st 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

Your Hometown

October 3rd— November 5th

Come view the beauty of depictions of your hometown—images of the Southcoast region.



Parkinson's Support Group

Monday, October 6th 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: Cathi A. Thomas RN, MS, CNRN Assistant Professor of Neurology & Program Director of the PD Movement Disorder's Center at BUMC**

Cribbage

Tuesdays at 2:00 p.m.

Join us for this classic card game. Cribbage is descended from the old English card game of nobby and makes its first appearance in the 1600's. Charles Dickens even depicted the game in one of his novels. Cribbage was popular among prospectors—Nelson, Montana proclaims itself to be the cribbage capital of the world. The wardroom of the oldest active submarine in the United States Pacific Fleet carries on board the personal cribbage board of World War II submarine commander and Medal of Honor recipient Rear Admiral Dick O'Kane, and upon the boat's decommissioning, the board is transferred to the next oldest boat.



Road Scholar Lectures

Tuesday, October 7th 1:00 p.m.—In Search of Amelia Earhart: The Expedition to Nikumaroro Join us for a first look at how a recent discovery may finally bring answers to one of history’s greatest enigmas.

Tuesday, October 14th 1:00 p.m.— Twentieth Century Medicines That Saved the World Hear about the time before the age of penicillin and how the discoveries and developments of various drugs since then have had a profound impact on all of us.

Tuesday, October 21st 1:00 p.m.— The Panama Canal: Uniting the Pacific & Atlantic Learn the extraordinary story of the Panama Canal, one of the most ambitious engineering feats in history.

Tuesday, October 28th 1:00 p.m.— 1915 San Francisco Pan-Pacific Expo This lecture brings to life one of the most extraordinary moments in San Francisco’s history. This landmark event drew over 18 million visitors and celebrated the city’s recovery from the 1906 earthquake, the opening of the Panama Canal, technological advancements and the rise of the Women’s Movement.

These programs are presented virtually.

October Menu

October 6th — Beef Stew
October 13th — Closed
October 20th — Meatloaf Dinner
October 27th — Spaghetti With Meat Sauce

October 1st — Grilled Ham & Cheese
October 8th —Veggie Chili Over Rice
October 15th — Chicken Caesar Salad
October 22nd — Stuffed Potatoes
October 29th — Broccoli Chicken Alfredo

October 3rd — Baked Herb Chicken
October 10th — Closed
October 17th — New England Clam Chowder
October 24th — Roast Pork Dinner

We require a 48 hour registration. Call 508-748-3570 to make your reservation. There is a \$5.00 suggested donation per meal.



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Special Events

Trip to Benson's Pond Cranberries Thursday, October 23rd 12:15 p.m.

You will be treated to a ninety minute tour of the bogs, learn about farming techniques on a bog, view some historic farming equipment and shop in the cranberry themed gift shop. You will also get to sample some cranberry snacks and drinks. Sign ups for this trip begin on October 1st. Call 508-748-3570 to reserve your seat. The cost of this excursion is \$10.00, due at sign up. *Thank you to the Friends of Marion COA for their sponsorship of this trip.*

Marion Police Department— Then & Now

Friday, October 24th 1:00 p.m.

Police Chief Nighelli will be on hand with some current members of the force and some who have retired. They will be telling stories and talking about how policing in Marion has changed over the years.



Cooking Demonstration with Pampered Chef

Thursday, October 30th 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.

Fire Prevention and Disaster Preparedness

Thursday, October 30th 1:30 p.m.

Members of the Marion Fire, EMS and Board of Health will be discussing fire prevention along with disaster/emergency preparedness, escape plans, home safety, evacuation procedures and emergency preparedness kit supplies to help families and their pets stay safe.

Gothic Ghost Tales with Rita Parisi Friday, October 31st 1:00 p.m.

Be thrilled and chilled as you listen to a trio of ghost tales adapted from short stories written by Agatha Christie, Ros Maccaulay and Virginia Layefsky. This is a theatrical event that you do not want to miss. Rita has been entertaining audiences for 30 years in the New England Area and in 2005, founded Waterfall Productions to create shows that highlight her passion for theatre as well as history, literature and costuming. She is active in the independent film scene and has had some of her films debut at the Boston International Film Festival and Cannes Film Festival.

Thank you to the Friends of Marion COA for their sponsorship of this program.

Bingo

Bingo

Monday, October 27th 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.

Friday Flick

The Thursday Murder Club Friday, October 3rd 1:00p.m.

This is a comedic mystery about a group of retirees who form a club to solve cold cases, only to find themselves embroiled in a real murder investigation. Starring Helen Mirren, Pierce Brosnan, Ben Kingsley and Celia Imrie.



LGBTQ + Supper Club

The LGBTQ+ Senior Supper Club will meet **Wednesday, October 8th** 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.



Friends

Friends of Marion COA, Inc. Notice of Annual Meeting

Please join the Friends for their Annual Meeting to be held on **Thursday, October 16th at 6:00 p.m.** at the Benjamin D. Cushing Community Center, 465 Mill Street, Rte. 6 Marion.

Reception with hors d' oeuvres and sweets to be served followed by their annual meeting. They have lots of good news to share including a new dynamic website! Come enjoy an evening with the Friends.

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				
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.		<p style="text-align: right;">1</p> <p>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</p>	<p style="text-align: right;">2</p> <p>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</p>	<p style="text-align: right;">3</p> <p>9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Movie</p>
<p style="text-align: right;">6</p> <p>10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group</p>	<p style="text-align: right;">7</p> <p>9:15 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Meditation 1:00 p.m. Road Scholar 2:00 p.m. Cribbage</p>	<p style="text-align: right;">8</p> <p>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</p>	<p style="text-align: right;">9</p> <p>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. Lecture: Medicare</p>	<p style="text-align: right;">10</p> <p style="text-align: center;">CLOSED FOR ACTIVITIES TO PREPARE FOR THE YARD SALE</p> 
<p style="text-align: right;">13</p> 	<p style="text-align: right;">14</p> <p>9:15 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Meditation 1:00 p.m. Lecture: Financial Planning 1:00 p.m. Road Scholar 2:00 p.m. Cribbage</p>	<p style="text-align: right;">15</p> <p>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</p>	<p style="text-align: right;">16</p> <p>9:00 a.m. Tai Chi, \$5 suggested donation 10:00 a.m. Mindful Movement 1:00 p.m. Medication Brown Bag, Reg. Req. 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group</p>	<p style="text-align: right;">17</p> <p>9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Scams</p>
<p style="text-align: right;">20</p> <p>10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Cape Cod Canal</p>	<p style="text-align: right;">21</p> <p>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 2:00 p.m. Cribbage</p>	<p style="text-align: right;">22</p> <p>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</p>	<p style="text-align: right;">23</p> <p>9:00 a.m. Tai Chi, \$5 suggested donation 10:00 a.m. Mindful Movement 12:15 p.m. Trip Reg. Req. 1:00 p.m. Bridge, \$2 1:00 p.m. Knit, Crochet Group</p>	<p style="text-align: right;">24</p> <p>9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Policing</p>
<p style="text-align: right;">27</p> <p>10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$</p>	<p style="text-align: right;">28</p> <p>9:15 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Meditation 1:00 p.m. Road Scholar 2:00 p.m. Cribbage</p>	<p style="text-align: right;">29</p> <p>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</p>	<p style="text-align: right;">30</p> <p>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 1:30 p.m. Lecture: Fire Prevention</p>	<p style="text-align: right;">31</p> <p>9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Gothic Ghost Tales</p>

Veterans Day Luncheon



Tuesday, November 11th 12:00 p.m.

We invite all Veterans, Active Duty Service Members, Spouses and their guest for a luncheon following the Ceremony. Please RSVP by Friday, November 7th by calling 508-748-3570.

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06-5128

Yard Sale

Saturday
October 11th

9:00 a.m.—12:00 p.m.

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.



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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