



Special Events

When Better Cars Were Built
Monday, November 3rd
1:00 p.m.

Stanley Forman will give a history of Buick and GM Motor-cars. Benz may have built the first horseless carriage, but David Buick developed and nurtured a company that is now over 100 years old. Revel in the glory days of GM and the fine art of automotive styling. This program is sure to bring back some great memories.



Cooking Demonstration with Pampered Chef
Thursday, November 13th
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 food.



Fashion and the First Lady
Friday, November 14th
1:00 p.m.

Karen Antonowicz will be joining us to present on the First Ladies of the United States and the impression they made with their clothing and accessories while in the White House. She will bring some examples of similar items to what the First Ladies wore during their time. We will also reflect while watching some footage.

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



The Six Pillars of Brain Health
Monday, November 17th
1:00 p.m.

A lifestyle that supports brain health can make a difference to your well-being throughout your life. AARP will lead this session giving you an overview for anyone interested in improving their brain health. They will provide actionable steps that you can take and provide you with resources to learn more.

Nutrition Jeopardy
Thursday, November 20th
1:00 p.m.

Join registered dietitian Ashley Whewell from Coastline for a fun and interactive Jeopardy style trivia game all about nutrition. She will be covering topics such as food groups, nutrients, portion sizes and label reading. This class makes learning about healthy eating engaging and memorable. Great for individuals or teams. Bring your brain and your appetite for knowledge.

Family Feud
Friday, November 21st
1:00 p.m.

Put on your thinking caps and come and enjoy a friendly game of Family Feud. Have an afternoon of fun with your friends and test your knowledge. Call 508-748-3570 to sign up for participation in this fun game.





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Marion Council on Aging, Marion, MA 06-5128

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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, November 5th 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

Photography Show

November 7th— December 3rd

Come view the beauty of images caught from behind the lens. Have pieces to display or sell? Call 508-748-3570 for more information.



Parkinson's Support Group

Monday, November 3rd 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:

Kathleen Clark PTA, CFPS, CLT, CBIS, Ed.M

Moxie Mobility Training, LLC

Mindful Movements

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. Participation in 6 classes for \$60, financial assistance available. Instructor Linda Vivino—Yoga Teacher. Call 508-748-3570 to register or for more information.



Daylight Savings

A reminder that **daylight savings ends on November 2nd**. Turn your clocks back one hour.

Road Scholar Lectures

Tuesday, November 4th 1:00 p.m.—Evalyn Walsh McLean & the Curse of the Hope Diamond Join us as we explore the origins of the Hope Diamond’s supposed curse and its connection to the extravagant and reckless lifestyle of its larger—than—life owner.

Tuesday, November 18th 1:00 p.m.— Rockefeller Center—America’s Town Square Join a NYC historian and architecture expert for an exploration of Rockefeller Center. This beloved symbol of New York is a harmonious blend of architecture and public space that has become a vibrant town square for locals and visitors alike. Uncover the rich history and enduring legacy of this Midtown Manhattan masterpiece.

Tuesday, November 25th 1:00 p.m.— GIs in Britain—The British People & American Troops in WWII During WWII, the arrival of over a million American servicemen in Britain sparked both cultural exchange and social tensions. Learn how the presence of GIs reshaped British communities, from friendships and alliances to moments of friction. Examine the challenges of two nations adjusting to life side by side in wartime.

Tuesday, December 2nd 1:00 p.m.— President Lincoln’s Visit to Gettysburg—Mysteries & Conundrum Join Dr. Bradley Gottfried, renowned Civil War author and Gettysburg Licensed Tour Guide, as he brings to life President Abraham Lincoln’s immortal visit to Gettysburg to help dedicate the Soldiers’ National Cemetery. You will gain a deeper understanding of the historical significance of this remarkable chapter in American history.

These programs are presented virtually.

November Menu

- November 3rd — Open—Faced Turkey Sandwich
- November 10th — Roasted Vegetable Rice Bowl
- November 17th — Roasted Chicken Stew
- November 24th — Greek Chicken Salad

- November 5th — Chicken Tortellini Soup
- November 12th — Baked Ziti & Meatballs with Garlic Bread
- November 19th — Steak Bowl with Mashed Sweet Potato
- November 26th — Closed in Observance of Thanksgiving

- November 7th — Broccoli & Cheddar Quiche
- November 14th — Cranberry Pecan Chicken Salad Sandwich
- November 21st — Tuna Melt with Coleslaw
- November 28th — Closed in Observance of Thanksgiving

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

Cooking Demonstration Tuesday, November 25th 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.

Flower Arranging Tuesday, November 25th 1:00 p.m.

Members of the Marion Garden Club will lead us in arranging a beautiful Thanksgiving centerpiece. Call 508-748-3570 to reserve your spot. There is a \$6.00 materials charge for this workshop due at sign up. Space is limited.



Bingo

Bingo
Monday, November 24th 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 overall & \$1.00 50/50 game.



LGBTQ + Supper Club

The LGBTQ+ Senior Supper Club will meet **Wednesday, November 12th** 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.



SHINE

SHINE—Serving the Health Insurance Needs of Everyone

This program provides free health insurance information and assistance for Medicare eligible adults and their caregivers. Certified, trained counselors, who are volunteers, help you explore plan options and uncover ways to save money on both health insurance and prescription drug costs.

We are fortunate to have two dedicated and compassionate SHINE counselors in Marion, Connie Heacox and Charlyn Feeny. Starting on Thursdays in November Charlyn will be holding office hours at the Council on Aging. Call 508-748-3570 to schedule an appointment. Connie will be working remotely. You can call the office and we will pass your phone number and email onto her and she will initiate contact.

**Open enrollment ends
December 7th.**

Friday Flick

The Penguin Lessons Friday, November 7th 1:00p.m.

Inspired by the true story of a disillusioned Englishman who went to work in a school in Argentina in 1976. Expecting an easy ride, Tom discovers a divided nation and a class of unteachable students. However, after he rescues a penguin from an oil-slicked beach, his life is turned upside—down.



Hear Better Today

Tuesday, November 4th & Tuesday, December 2nd 10:00 a.m.—12:00 p.m.

Lauren Warburton, Board Certified LIC #275 Hearing Instrument Specialist, from At Home Hearing Healthcare will be on hand to provide complimentary hearing screenings, hearing aid cleanings and video ear exams. Call 508-748-3570 to schedule your appointment.

Turkey Trot

Monday, November 10th 1:00 p.m.
Get in shape for the big day! We will walk around the walking path 5 times. For each lap you will receive a playing card. The best poker hand at the end will win.



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
3 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group 1:00 p.m. Lecture	4 9:15 a.m. Strength & Conditioning, free 10:00 a.m. Hearing Screenings 10:30 a.m. Hand & Foot 10:30 a.m. Meditation 1:00 p.m. Road Scholar 1:00 p.m. Cribbage	5 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	6 9:00 a.m. Tai Chi, \$5 suggested donation 10:00 a.m. Mindful Movement 1:00 p.m. Knit, Crochet Group 1:00 p.m. Bridge, \$2	7 9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Movie
10 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Turkey Trot	11 	12 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	13 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. Knit, Crochet Group 1:00 p.m. Bridge, \$2	14 9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Lecture
17 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture	18 9:15 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Meditation 1:00 p.m. Road Scholar 1:00 p.m. Cribbage	19 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	20 9:00 a.m. Tai Chi, \$5 suggested donation 10:00 a.m. Mindful Movement 1:00 p.m. Lecture 1:00 p.m. Knit, Crochet Group 1:00 p.m. Bridge, \$2	21 9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Family Feud
24 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$	25 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. Flower Arranging, \$6 Reg. Req. 1:00 p.m. Road Scholar 1:00 p.m. Cribbage	26 9:15 a.m. Motion & Balance, free <i>Town Offices Will Be Closing At Noon</i>	27 	28 

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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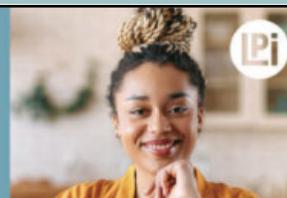
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Marion Council on Aging, Marion, MA

06-5128

Curtis Fuel Assistance Grant

This fund is administered by Coastline and is designed to help seniors living in Marion who are having difficulty paying for fuel. This is a one-time payment for fuel assistance and benefits seniors 60 years of age or older. Income guidelines apply. Assistance may be provided for oil, gas, propane, electric or other fuel. Call Paula at 508-748-3570 to apply.

Household Size	Maximum Monthly Income (before taxes)
1	\$2,510
2	\$3,407
3	\$4,303
4	\$5,200

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.

Volunteers Needed

AARP Foundation Tax—Aide is the nation’s largest volunteer—based free tax assistance and preparation service. Since 1968, they have helped over 80 million taxpayers to file their returns.

As a Tax—Aide volunteer, you will receive training and support with IRS—certification, learn new skills and connect with people in your community while giving back.

There are 2 mandatory, in—person training sessions for new volunteers. They are typically scheduled for the first Saturday in December and in early January. They begin preparing taxes the first week of February.

If interested in volunteering, go to this link <https://www.aart.org/forms/volunteer-tax-aide/> or reach out at 508-748-3570 to speak with someone who has experience with this program.

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