



Special Events

Bereavement Support Group **Thursday, December 4th** **1:00 p.m.**

Ally Audette of Continuum Hospice will lead a bereavement support group. This group offers a safe, supportive environment for individuals who are grieving the loss of a loved one. Together we will foster connection, understanding, and the sharing of coping strategies to help navigate the grieving process. Topics will include managing difficult times such as anniversaries, holidays and birthdays. While open sharing is encouraged, participants are welcome to simply listen if that feels more comfortable. In addition, this group is open to those experiencing grief related to changes in a loved one's mental or cognitive status, not only physical loss. Please join us and hear how you can possibly gain some strength and comfort for moving ahead.



Caregiver Connection **Monday, December 8th** **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: Navigating Healthcare.

This program is funded in part by a grant from Coastline Elderly Services, Inc., Massachusetts Executive Office of Aging & Independence, and the Federal Administration for Community Living.

Brown Bag Day **Thursday, December 11th** **9:00 a.m.—11:30 a.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 give answers to your questions. Registration is required, space is limited due to the nature and length of time for each consultation. Call 508-748-3570.

Cooking Demonstration with Pampered Chef **Thursday, December 11th** **12:00 p.m.**

Learn some 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.



Magic Show **Friday, December 12th** **1:00 p.m.**

Robert Clarke—magician and juggler has been performing professionally for over 30 years—worldwide. Be prepared for lots of comedy, magic and mentalism that is interactive and jaw dropping. Be in awe as Robert amazes you with mind blowing magic performed right under your nose.

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





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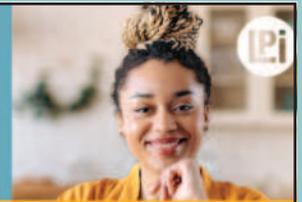
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Clark Gee, Van Driver
Mark Santos, Van Driver
Paul Thomas, Van Driver
COA Office Hours:

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, December 3rd 1:00 p.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

Holiday Smalls
December 5th— January 8th
Art makes a perfect Christmas present. All pieces in this show will be 11" X 14" or smaller. Have pieces to display or sell? Call 508-748-3570 for more information.



Parkinson's Support Group

Monday, December 1st 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.



Mindful Movements

Mindful Movements for People with Parkinson's
Thursdays at 10:00 a.m.

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.

This class is being offered free of charge through the month of January. We encourage you to give it a try. Instructor Linda Vivino—Yoga Teacher. Call 508-748-3570 to register or for more information. There will be no class held on January 8th.



Road Scholar Lectures

Tuesday, December 2nd 1:00 p.m.— President Lincoln’s Visit to Gettysburg—Mysteries & Conundrum Join Dr. Bradley Gottfried, renowned Civil War and Gettysburg Licensed Town Guide, as he brings to life President Abraham Lincoln’s immortal visit to Gettysburg to help dedicate the Soldiers’ National Cemetery. What began as an afterthought unfolded into a 25-hour legend shrouded in mystery. Dr. Gottfried’s expert insights will captivate you, offering a deeper understanding of the historical significance of this remarkable chapter in American history.

Tuesday, December 9th 1:00 p.m.— Napa Valley—From Geology to Celebrity Napa Valley may be one of the world’s smallest wine-growing regions, but its impact is enormous. Join author and historian James Dalessandro for a sweeping portrait of Napa’s prehistoric origins, its rise as a wine and food destination, and its place as a global cultural icon attracting 3.7 million visitors annually.

These programs are presented virtually.

Special Dining Events

Holiday Luncheon—December 22nd, 12:00 p.m. Baked stuffed chicken, potato and vegetable. Tickets required for this event, \$5.00 and available at the COA front desk. **Last day to purchase tickets will be December 17th.**

Christmas Eve Breakfast—December 24th, 10:00 a.m. Scrambled eggs, blueberry pancakes, sausage and hashbrowns.

New Year’s Eve Breakfast—December 31st, 10:00 a.m. Scrambled eggs, French toast, sausage and hashbrowns.

Registration for breakfast will be required at least 48 hours in advance. Cost for each breakfast will be \$5.00

These events are dine in only.

December Menu

December 1st — Mac n’ Cheese

December 8th — Chicken Francese

December 15th — Meatloaf Dinner

December 22nd — Holiday Luncheon— Tickets Required

December 29th — Beef Barley Soup

December 3rd — Asian Chicken Vegetable Noodle Bowl

December 10th — Meatball Sub

December 17th — Chicken Quesadilla

December 24th — Holiday Breakfast

December 31st — Holiday Breakfast

December 5th — Stuffed Pepper

December 12th — Seafood Salad Plate

December 19th — Chopped Antipasto Salad

December 26th — Lobster Bisque

January 2nd — Teriyaki Grain Bowl

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

Art For Your Mind with Jill Sanford

Monday, December 15th 1:00 p.m.

Enjoy images of childhood from a variety of cultures and time periods. Renew your appreciation of the creative choices artists made as they approach this universal subject.

Cooking Demonstration Tuesday, December 16th 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.

Concert with Marvin Perry Friday, December 19th 1:00 p.m.

Marvin will sing a memorable collection of the classics. He will bring back all of those fabulous memories from the 50's, 60's & 70's. We will also sing some of our favorite Christmas songs.

New Year's Eve Celebration Tuesday, December 30th 1:00 p.m.

Come out and celebrate with your friends at the Council on Aging as we host a concert with Dave Valerio and enjoy a dessert buffet. What better way to cap off a year and usher in a new one? Please call 508-748-3570 to make your reservation.

LGBTQ + Supper Club

The LGBTQ+ Senior Supper Club will meet **Wednesday, December 10th** 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 Feeney. On Thursdays 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

Dolly Parton's Christmas on the Square

Friday, December 5th 1:00p.m.

Seasonal cheer comes to a screeching halt when a cold-hearted woman tries to sell her hometown land. Can music, magic and memories change her mind?



Hear Better Today

**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.

Bingo

Monday, December 29th 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.



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 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group	2 9:15 a.m. Strength & Conditioning, free 10:00 a.m.—12:00 p.m. Hearing Screenings, Reg. Req. 10:30 a.m. Hand & Foot 10:30 a.m. Meditation	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 10:00 a.m. Mindful Movement 1:00 p.m. Knit, Crochet Group 1:00 p.m. Bridge, \$3 1:00 p.m. Bereavement Support 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. Caregiver Connection	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 9:00 a.m.—11:30 a.m. Brown Bag Day, Reg. Req. 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, \$3	12 9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Magic Show
15 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Art For Your Mind	16 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 12:00 p.m. Cooking Demo. Reg. Req.	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	18 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, \$3 1:00 p.m. Arthritis Exercise Class Info. Session	19 9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Concert
22 10:00 a.m. Chair Yoga, free 12:00 p.m. Holiday Luncheon Tickets Required, \$5	23 9:15 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Meditation	24 9:15 a.m. Motion & Balance, free 10:00 a.m. Holiday Breakfast, \$5 Reg. Req. <i>Town Offices Will Be Closing At Noon</i>	25 	26 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch
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. New Year's Eve Party Reg. Req.	31 9:15 a.m. Motion & Balance, free 10:00 a.m. Holiday Breakfast, \$5 Reg. Req. <i>Town Offices Will Be Closing At Noon</i>	1 	2 9:15 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Movie

Duplicate Bridge

Duplicate Bridge for the intermediate player is held every Thursday at 1:00 p.m., cost is \$3.00. For more information or to sign up email Sally Begley at sallybegley@gmail.com

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Arthritis Exercise Class

Thursday, December 18th 1:00 p.m.

This is an Evidence-Based program structured on the AEA Arthritis Foundation curriculum designed for individuals with arthritis, related rheumatic disease, or other musculoskeletal conditions. The goal of the class is to provide a safe exercise option that helps to reduce pain and stiffness, increase flexibility and joint range of motion, muscular strength and relaxation techniques. The exercise selection, movements and stretches are designed to aid in the performance of Activities of Daily Living, improve balance and coordination, decrease fatigue and increase overall endurance and sense of well-being. This class will begin in January, but please come meet the instructor, Neil Sullivan and see how this class could benefit you.

A Look Ahead

As we are approaching the end of the year we thought it would be fun to take a peek at some new programming that will be added starting in the new year.

Rummikub—This is a tile-based game that combines elements of rummy and mahjong

Introduction to the Art of Photography

Arthritis Foundation Exercise Class

A new line up of Art Shows with new themes

We hope you will check out these offerings in the new year!

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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