



Special Events

ADU Presentation

Wednesday, January 7th 5:30 p.m.

CEO of BuildX, Buz Artiano, will be making a presentation on auxiliary dwelling units, a topic generating interest in many communities. You will learn:

- ◆ What is an ADU?
- ◆ What goes into making an ADU?
- ◆ Who is an ADU for?
- ◆ What can you build?
- ◆ What are the ADU laws?

Come take notes, bring your questions too. Please call 508-748-3570 to register to attend. Marion's Building Commissioner, Bob Grillo, will also be in attendance.



Bereavement Support Group

Thursday, January 8th 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

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 just physical loss. Please join us and hear how you can gain some strength and comfort for moving ahead.



Therapeutic Chair Massage

Friday, January 9th 1:00 p.m. — 3:00 p.m.

Relax your body and soothe your muscles with a therapeutic chair massage. Chair massage is a great way to gauge your interest in longer, more therapeutic table massage. Massage therapy has a myriad of benefits including increased lymphatic and blood flow, better sleep quality, reduced inflammation and joint stiffness and improved flexibility. S.M. Mobile Massage is offering free 8 minute chair massages. Call 508-748-3570 to make an appointment.

Options Counseling from Coastline

Monday, January 12th 1:00 p.m.

Coastline Options Counseling is a free program that guides adults age 60 and older and families and caregivers through resources that can help them remain in the community. An Options Counselor will work with you to meet individualized goals, including present or future planning needs. They can provide counseling, whether you are currently at home in the community or in a hospital or facility setting. The program is part of the Aging and Disability Consortium of Southeast Massachusetts which partners with independent living centers to assist people of any age with disabilities. The Options Counselor may assist with setting up services with Coastline directly or provide you with local resources. We encourage you to be proactive and educate yourself so you can plan for your future needs.



Marvin Perry in Concert

Friday, January 16th 1:00 p.m.

Marvin Perry is a talented singer known for his passion for music and his ability to connect with the audience. His music is a blend of classic hits and contemporary pop.



Supporting and engaging in a life with purpose and meaning. Wherever you call home.

- ♥ Personal Care & Companionship
- ♥ Light Housekeeping
- ♥ Wheelchair Transportation and Errands

Regan Care Partners
Home & Healthcare

617.799.5949
www.RegansCare.com

1 Main Street, Fairhaven, MA 02719

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4ipi.com or
www.4ipi.com/careers

LET'S GROW YOUR BUSINESS

Advertise in
our Newsletter!

CONTACT ME
Karen Fontaine

kfontaine@ipicommunities.com
(800) 477-4574 x6350

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging,
ad-supported
print and digital
newsletters to reach
your community.



Visit ipicommunities.com

SUPPORT THE ADVERTISERS that Support our Community!

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, Outreach
Coordinator
M & W 1:00 p.m.—3:00 p.m.
Tues 9:00 a.m.—3:00 p.m.
pcaron-lecuyer@marionma.gov
George Coolidge, Chef
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.

Arthritis Exercise Class

This class is structured on the Arthritis Foundation curriculum and designed to allow participants to exercise without putting excess strain on their joints and muscles. Focus is on gentle passive and active movements and stretches to help increase joint flexibility, range of motion and muscular strength. The aim of this class is to increase functional ability and self-care, as well as decrease pain and improve the quality of life. Class is held Fridays at 11:00a.m.

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

Art Gallery

Scenes of Winter
January 8th— February 4th
Celebrate the quiet beauty of Winter.

February—Youth Show
March—Welcome Spring
April—Bourne-Wareham Art Association
May—Nature
June—Shades
July—Monday Morning Painters
August—Seaside
September—Your Favorite Spot
October—Canalside Artists
November—Photography
December—Holiday Smalls

Have pieces to display or sell? Call 508-748-3570 for more information.



Parkinson's Support Group

Monday, January 5th 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 afflicted with 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 for more information.

There will be no class held on January 8th.



Road Scholar Lectures

Tuesday, January 6th 1:00 p.m.— The Young Michelangelo Follow the beginnings of Michelangelo’s career by exploring his relationship with the Medici Bankers and Pope Julius II and the period of crisis under Girolamo Savonarola.

Tuesday, January 13th 1:00 p.m.— Tackling Clutter Before it Tackles Your Family Clutter can take a toll on both your space and your peace of mind, but it does not have to. Explore strategies for managing belongings. Learn how to make thoughtful decisions about what to keep, organize possessions with purpose and reduce stress while creating a more intentional legacy. Gain insight and tools to simplify your home and protect your loved ones from future overwhelm.

Tuesday, January 20th 1:00 p.m.— Whales of the Polar Regions From the icy waters of the Arctic to the vast seas surrounding Antarctica, some of the world’s most majestic whales make their home in Earth’s coldest environments. Explore how these extraordinary creatures have adapted to life in such extreme conditions and why they migrate to the planet’s polar regions. Discover how whales play a vital role in maintaining ocean health and combating climate change.

Tuesday, January 27th 1:00 p.m.— Cochin, India: A Spice Port at the Crossroads of Empire In the early 16th century, the spice port of Cochin became Europe’s first stronghold in India. With the arrival of the Portuguese, this modest coastal town transformed into a center of forts, alliances and rivalry, setting the stage for centuries of colonial rule. Trace how geography, trade and politics made it the ideal gateway for European ambitions. From Vasco da Gama’s fateful arrival to the construction of India’s first European fort and church, Cochin emerged as the spark that ignited a chain of events leading to India’s colonization. Uncover how this small port reshaped global history and became the stage where empires first collided in India.

These programs are presented virtually.

January Menu

January 5th — Barbecue
Chicken Ranch Salad

January 12th — Black Bean
Burgers

January 19th — Closed

January 26th — Steak Fajitas

January 7th — Roasted
Cauliflower Burrito Bowl

January 14th — Chicken Parmesan
with Pasta

January 21st — Beef Stroganoff

January 28th — Banh Mi Sandwich
(Pork with Pickled Vegetables)

January 2nd — Teriyaki Grain
Bowl

January 9th — Quiche
Lorraine

January 16th — Apple
Cranberry Tuna Salad

January 23rd — Risotto with
Vegetable

January 30th — Minestrone
Soup with Grilled Ham, Cheese
& Tomato Sandwich

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



<p>ADT-Monitored Home Security Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> ● Burglary ● Flood Detection ● Fire Safety ● Carbon Monoxide 	<p>NEVER MISS OUR NEWSLETTER!</p> <p style="background-color: white; color: #f44336; padding: 2px 10px; border-radius: 10px; display: inline-block;">SUBSCRIBE</p> <p>Have our newsletter emailed to you.</p> <p>Visit www.mycommunityonline.com</p>
	<p>Authorized Provider</p> <p>SafeStreets</p> <p style="font-size: 24px; font-weight: bold; margin-top: 10px;">833-287-3502</p>

Special Events

Cooking Demonstration

Tuesday, January 20th 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.

A Day in the Life of the Lagoda: A Whaling Voyage

Friday, January 23rd 1:00 p.m.

Join the New Bedford Whaling Museum docents Captain Michael Taylor and Nancy Gentile for a discussion of the Lagoda. This illustrated program explores 19th century whaling through detailed descriptions of the crew, the whale hunt, blubber processing, products, ship design and the evolution of the industry from New Bedford and Nantucket to the Arctic and beyond. The lecture also features whaling wives, spotlighting the women who sailed alongside their husbands. Captain Taylor spent the first half of his career in the British Merchant Navy. Later he was employed as Vice President at Maritime International New Bedford. Nancy was a research librarian for 39 years.



Cooking Demonstration with Pampered Chef

Thursday, January 29th 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.

The Dangerous Art of Chainsaw Sculpture

Friday, January 30th 1:00 p.m.

Take an interesting, interactive and engaging journey through the amazing career of world-famous master chainsaw sculptor, Dr. "The Machine" Jesse Green (American Chainsaw on National Geographic Channel, ESPN, Disney and more). Through an incredible series of photos, the process of creating gigantic, death-defying works of art from trees is brought to life in a big way. You have never seen anything like this before.

LGBTQ + Supper Club

The LGBTQ+ Senior Supper Club will meet **Wednesday, January 14th** 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.



Friday Flick

Happiness For Beginners

Friday, January 2nd 1:00p.m.

A year after getting divorced, Helen Carpenter, lets her annoying younger brother talk her into signing up for a wilderness survival course. It is supposed to be a chance for her to pull herself together again, but when she discovers that her brother's even-more-annoying best friend is also coming on the trip, she cannot imagine how it will be anything other than a disaster.

Hear Better Today

Tuesday, January 6th

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, January 26th 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
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Duplicate Bridge </div>				
<div style="border: 1px solid black; padding: 10px;"> 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 </div>			1	2
5	6	7	8	9
10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group	9:15 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Meditation 1:00 p.m. Road Scholar Lecture 2:00 p.m.—4:00 p.m. Photography 101	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 5:30 p.m. ADU presentation	9:00 a.m. Tai Chi, \$5 suggested donation 1:00 p.m. Knit, Crochet Group 1:00 p.m. Bridge, \$3 1:00 p.m. Bereavement Support Group	9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 11:00 a.m. Arthritis Exercise Class 10:30 a.m. Rummikub 12:00 p.m. Lunch 1:00 p.m.—3:00 p.m. Chair Massage
12	13	14	15	16
10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture: Options Counseling	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 1:00 p.m. Road Scholar Lecture 2:00 p.m.—4:00 p.m. Photography 101	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. Knit, Crochet Group 1:00 p.m. Bridge, \$3	9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 10:30 a.m. Rummikub 11:00 a.m. Arthritis Exercise Class 12:00 p.m. Lunch 1:00 p.m. Concert
19	20	21	22	23
	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 Lecture 2:00 p.m.—4:00 p.m. Photography 101	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. Knit, Crochet Group 1:00 p.m. Bridge, \$3	9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 10:30 a.m. Rummikub 11:00 a.m. Arthritis Exercise Class 12:00 p.m. Lunch 1:00 p.m. Lecture: A Whaling Voyage
26	27	28	29	30
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. Meditation 10:30 a.m. Basket Weaving, \$25 1:00 p.m. Road Scholar Lecture 2:00 p.m.—4:00 p.m. Photography 101	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 12:00 p.m. Cooking Demo. Reg. Req. \$5 1:00 p.m. Knit, Crochet Group 1:00 p.m. Bridge, \$3	9:00 a.m. Watercolor Class, \$15 9:15 a.m. Strength & Conditioning, free 10:30 a.m. Rummikub 11:00 a.m. Arthritis Exercise Class 12:00 p.m. Lunch 1:00 p.m. Lecture: Chainsaw Sculpture

SAUNDERS DWYER
 Home For Funerals
"Our Family Serving Your Family"
 508-758-2292
www.saundersdwyer.com

 **Chapman Cole & Gleason**
 FUNERAL HOMES ESTABLISHED 1862
 2599 Cranberry Highway (Route 28), Wareham, MA 02571
 (508) 295-0060 • www.ccgfuneralhome.com

 **Coastline**
 Your guide to independent living
 - HOME CARE
 - HOME DELIVERED MEALS
 - COMPUTER/PHONE CLASSES
 - BENEFITS ENROLLMENT
 - CAREGIVER RESOURCES
 508-999-6400 • coastlinenb.org

 **Surprenant, Beneski & Nunes**
 Estate Planning | Elder Law
 New Bedford • Hyannis
 Easton • Plymouth
 508-994-5200
www.MyFamilyEstatePlanning.com

HEALTHCARE PROXY • ADVANCE DIRECTIVE
 LAST WILL & TESTAMENT
 HIPPA AUTHORIZATION
 DURABLE POWER OF ATTORNEY
 TRUST PLANNING TO ACHIEVE YOUR GOALS
 MASSHEALTH/MEDICAID PLANNING FOR LONG-TERM CARE
 ESTATE ADMINISTRATION, GUARDIANSHIPS AND CONSERVATORSHIPS



Marion's oldest and most reliable real estate company

 **CONVERSE COMPANY**
 REAL ESTATE
 CELEBRATING 100 YEARS

166 Front Street, Marion, MA 02738
 508.748.0200
www.conversecompanyrealestate.com

WE'RE HIRING!
 AD SALES EXECUTIVES
 BE YOURSELF.
 BRING YOUR PASSION.
 WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at careers@4ipi.com or www.4ipi.com/careers

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.

Visit www.mycommunityonline.com

Specializing in referring 24-hour live-in caregivers.

 **SOSTEK**
 A Caregiver Referral Company

Helping older adults who choose to remain in the comfort of their home find that perfect live-in caregiver

PROUDLY SERVING
 SOUTHEASTERN MASS, CAPE COD & THE ISLANDS

888.476.7835
 SOSTEK.NET

Celebrating 70 Years in Business!

Marion Antiques

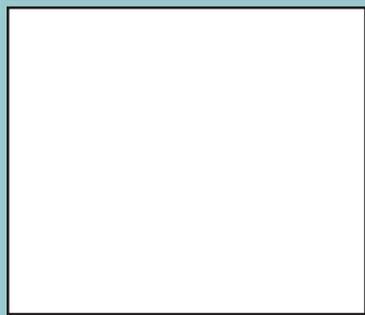
APPRAISALS - FRANK McNAMEE
 ON-SITE ESTATE SALES & AUCTIONS
 ANTIQUES, ESTATES,
 SILVER & GOLD PURCHASED

335 Wareham Rd. (Route 6) Marion
 (508) 748-3606
www.marionantiques.com
www.marionantiqueauctions.com



WE APPRECIATE OUR ADVERTISERS!

They allow us to print this bulletin. Thank you!

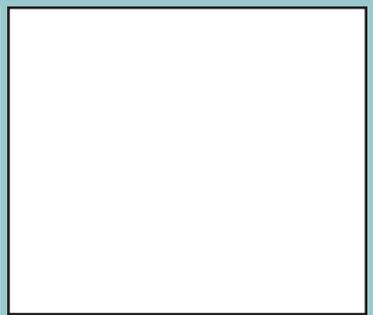


In-home consultations • Serving all of New England

 **VOZZELLA GRANITE INDUSTRIES**



Fine granite monuments • Pet monuments • Boulder engraving
 617-592-2209 • John@VozzellaGraniteIndustries.com
 656 Wareham Street, Middleboro



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 drugs. A SHINE counselor will be available on Thursdays to meet with you. Call 508-748-3570 to schedule an appointment.

Chess

We are seeking someone who could provide instruction on playing the game of chess. If you are interested in exploring this opportunity, please call Karen at 508-748-3570.



Inclement Weather Policy

When the Marion Public Schools are closed due to a weather related emergency, COA sponsored activities and transportation will also be cancelled. If you are not sure, please call the office, 508-748-3570. Voicemail will be monitored.



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.

Postage for this newsletter is
paid for through a grant from
The Executive Office of Elder Affairs.

PRRST STD
US POSTAGE PAID
ROCHESTER, MA
PERMIT NO. 115

Marion Council on Aging
465 Mill Street
Marion, Ma. 02738