



Special Events

Flower Arranging
Tuesday, February 3rd
1:00 p.m.

Members of the Marion Garden Group will lead us in arranging a beautiful Valentine's arrangement. 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.



Concert with Sigy Moller
Monday, February 9th 1:00 p.m.

Siegfried "Sigy" began his career in music studying opera in Pforzheim, Germany. At fourteen, he toured throughout Europe, and at seventeen was signed to a record company. At twenty, without speaking any English, he decided to fulfill his dream and come to the states to pursue his career in music. He made his U.S. debut performing with the Atlanta Symphony Orchestra. Since then, Sigy has performed across the United States. He has been compared to Engelbert, Elvis and Tom Jones with a bit of Dean Martin thrown in. His talent is equaled only by his joy of performing. *Thank you to the Friends of the Marion COA for their sponsorship of this presentation.*

Manicures at Old Colony
Thursday, February 12th 9:30 a.m.

The Cosmetology students at Old Colony Regional Vocational Technical High School will be providing complimentary manicures (tips are welcome). After your manicure, we will be stopping at a local restaurant for lunch. We will leave the COA at 9:30 a.m. and returning at approximately 1:00 p.m. Call 508-748-3570 to make your reservation.



Concert with Gigi Abraham
Friday, February 13th 1:00 p.m.

Gigi is a voice actor and singer with over 100 voice roles to her credit. She has been singing professionally for over 30 years. Gigi has recorded in New York City, Nashville, Los Angeles and Boston. She had a hit single for Columbia Records that spent over six weeks on the National Billboard Hot 100 Chart. Come and enjoy the musical enchantment of Gigi's voice.



Cooking Demonstration
Tuesday, February 17th 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, February 19th 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.

Protect Yourself From Medicare Fraud
Friday, February 20th 1:00 p.m.

Healthcare errors, fraud and abuse cost American taxpayers and Medicare billions of dollars annually, but can also have devastating health-related outcomes. Join a representative from the Massachusetts Senior Medicare Patrol Program who will provide information and tools to become an engaged consumer. Call 508-748-3570 to reserve your spot. This program will only take place if we have enough participants.



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@4lpi.com or
www.4lpi.com/careers

LET'S GROW YOUR BUSINESS

Advertise in
our Newsletter!

CONTACT ME
Karen Fontaine

kfontaine@4LPi.com
(800) 477-4574 x6350

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

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

 **OUR COMMUNITY NEWSLETTER**
OCTOBER EDITION



Scan to contact us!

Visit lpicomunities.com

SUPPORT THE ADVERTISERS that Support our Community!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiseniors.com

Marion Council on Aging, Marion, MA 06-5128

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

Youth Show

February 6th— March 4th

Delight in the celebration of our young artists' creativity.

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, February 2nd 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: Erika Bridges Account Executive of Neuroscience, Parkinson's Diseases of Abbvie will speak about a new medication called Vyalev.**



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. We encourage you to give it a try. Instructor Linda Vivino—Yoga Teacher. Call 508-748-3570 for more information.



Road Scholar Lectures

Tuesday, February 3rd 1:00 p.m.— Georgia O’Keeffe: Visions of an American Pioneer Where many saw only bones in the deserts of the American Southwest or everyday flowers, Georgia O’Keeffe saw the transcendent passage of time. Examine her iconic career paintings of landscapes, flowers and desert forms and explore why her beloved works remain so powerful today.

Tuesday, February 10th 1:00 p.m.— Simone Veil: From Auschwitz to Advocate for Human Rights Learn more of the inspiring life of Holocaust survivor, trailblazing advocate for women’s rights, defender of human dignity and architect of European reconciliation. Trace her journey from the unspeakable brutality of the camps to her groundbreaking work in French politics and her historic induction into the Pantheon.

Tuesday, February 17th 1:00 p.m.— African Echoes: Hidden Legacies in American Life From music to medicine, African cultures have shaped life in the United States in powerful and often unrecognized ways. Explore how Indigenous Knowledge Systems and African traditions were carried forward by African Americans. Gain insight to these cultural threads, revealing enduring legacies woven into American life.

Tuesday, February 24th 1:00 p.m.— Forging a Friendship: Jefferson & Madison’s Northern Journey
From May 21-June 16, 1791, Thomas Jefferson and James Madison traveled through Upstate New York and parts of New England. Trace their journey, exploring shared interests in landscape, botany, history and Indigenous vocabulary. Gain new insight into the enduring bond between these two Founding Fathers. *These programs are presented virtually.*

February Menu

February 2nd — Sloppy Joe with Side Salad
February 9th — Open Face Turkey Sandwich with Roasted French Fries
February 16th — Closed
February 23rd — American Chop Suey

February 4th — Sweet n’ Sour Chicken Over Rice
February 11th — Chicken Cacciatore With Pasta
February 18th — Shepherd’s Pie
February 25th — Cuban Sandwich with Black Beans & Rice

February 6th — Shrimp & Broccoli Scampi Over Penne
February 13th — Caprese Pesto Sandwich With French Onion Soup
February 20th — Pasta Fagioli
February 27th — Chicken Taco Salad

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.



ADT-Monitored Home Security
Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider SafeStreets 833-287-3502

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.

Visit www.mycommunityonline.com

Special Events

Food Labels

Friday, February 27th 1:00 p.m.

Does all of the information on a food label make you wonder what you are consuming? Is it good for you, is it too much of this and not enough of that? Barbara Canuel, Registered Dietitian from Community Nurse Home Care, will be here to educate us on reading a product label. She will help us decipher the information that we are looking at. After, we will better understand what we are consuming and hopefully be more mindful of things like sodium and additives.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Bingo

Monday, February 23rd 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

La Dolce Villa

Friday, February 6th 1:00p.m.

Eric travels to Italy to stop his daughter from buying a "one-dollar" house in a small village. The village has a program to sell abandoned homes cheaply, in an effort to breathe new life into the community. However, his daughter is determined to go through with her plan to settle down there. Instead, Eric soon finds himself involved in the renovation project, enthusiastically encouraged by the town's mayor, Francesca. There's a lot that needs fixing, including paperwork, and Eric gets help from Francesca, who wants to see the house - and the village - come alive again. Although initially skeptical about Italy, Eric soon finds himself charmed by both the village and Francesca.



LGBTQ + Supper Club

The LGBTQ+ Senior Supper Club will meet **Wednesday, February 11th** 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.



Valentine Craft

Monday, February 2nd 1:00 p.m.

Love is in the air. Join Paula and Karen for a fun filled afternoon of crafting. We will be making some Valentine themed crafts to add a little brightness and decoration to your home. There will be multiple projects for you to select from and something for all levels of crafting. Please call 508-748-3570 to let us know you will be joining us. There will be no fee for instruction or materials.



Hear Better Today

Tuesday, February 3rd

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.

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
2 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Parkinson's Support Group 1:00 p.m. Valentine Craft Reg. Req.	3 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 1:00 p.m. Flower Arranging \$6 Reg. Req.	4 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 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	6 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. Movie
9 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Concert	10 9:15 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Basket Weaving, \$25 10:30 a.m. Meditation 1:00 p.m. Road Scholar Lecture	11 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	12 9:00 a.m. Tai Chi, \$5 suggested donation 9:30 a.m. Manicures Reg. Req. 10:00 a.m. Mindful Movement 1:00 p.m. Knit, Crochet Group 1:00 p.m. Bridge, \$3	13 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
16 	17 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	18 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	19 9:00 a.m. Tai Chi, \$5 suggested donation 10:00 a.m. Mindful Movement 12:00 p.m. Cooking Demo. \$5 Reg. Req. 1:00 p.m. Knit, Crochet Group 1:00 p.m. Bridge, \$3	20 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
23 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$	24 9:15 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Basket Weaving, \$25 10:30 a.m. Meditation 1:00 p.m. Road Scholar Lecture	25 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	26 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	27 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
<div data-bbox="581 1640 987 1707" data-label="Section-Header"> <p>Duplicate Bridge</p> </div> <div data-bbox="435 1734 1179 1902" data-label="Text"> <p>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</p> </div>				

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
 HIPAA 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@4lpi.com or www.4lpi.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!

VOZZELLA GRANITE INDUSTRIES

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

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

Marion Council on Aging
 06-5128

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.

Volunteer Opportunity

Three days a week we serve lunch here at the Council on Aging. There is a lot that goes into making this happen and that is where our volunteers are instrumental, we would not be able to do this without them. At this time, we are looking to add some dishwashers to our list of volunteers. If you have a couple of hours a month that you would be willing to commit to this endeavor, please call 508-748-3570 and let us know.

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