



MARION
COUNCIL
ON AGING



Special Events

Complementary & Natural Remedies

Monday, March 9th 1:00 p.m.

Cindy Reagan, Community Liaison for Blue Hills Therapeutics will be joining us to make a presentation on complementary and natural remedies. Complementary therapies are those which are used in conjunction with conventional medicine—acupuncture, etc. Natural remedies are those used as a substitute for traditional therapy—dietary changes, etc. During this lecture you will be enjoying some aromatherapy, meditative music and a chair yoga routine. You will also be given some edible lavender to put into tea. Enjoy a relaxing afternoon while learning some new ideas that could benefit your health. Call 508-748-3570 to register to attend.



Cooking Demonstration

Tuesday, March 10th 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.

Options Counseling from Coastline

Thursday, March 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 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. Call 508-748-3570 to reserve your space at this lecture.

Ceramics Decorating

Friday, March 13th 1:00 p.m.

K & A Creations will be bringing some joy and creativity to the Council on Aging just in time for Easter. There will be an assortment of ceramic pieces for you to select from ranging in price from \$10—\$15. The pieces will be painted using acrylic paint, so no kiln is required. You will be able to take

the piece home with you that same day. Everything you need to complete your piece will be supplied including instruction. This workshop is fun and accessible for everyone. Call 508-748-3570 to register for the class.



St. Patrick's Day Concert

Monday, March 16th 1:00 p.m.

Aiofe Clancy will be on hand to bring us a touch of Ireland. By the age of 15, Aiofe was performing with her father in Folk Clubs and festivals around the country. She was asked to join the well renowned Irish American Ensemble, *Cherish the Ladies*, with whom she performed over 200 shows a year, touring the States and Europe. The group was nominated for a Grammy. Aiofe has also performed as a soloist with the Boston Pops and other symphonies and recorded many CDs. We consider ourselves very fortunate to have her share her talents with us.



Thank you to the Friends of the Marion Council on Aging for sponsoring this event.

Council on Aging Staff:

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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's 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

Welcome Spring

March 6th— April 1st

Behold pieces of art that conjure up the feeling of Spring as we emerge from a long Winter.

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

Line Dancing

Wednesdays at 2:00 p.m.

Starting March 4th join us share this experience of a group activity. This is great exercise, great for your balance and a great mood booster. The first introductory class is being offered free of charge and after that it will be \$5 per person per session.

Parkinson's Support Group

Monday, March 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: Jeannine Greenberg, PT DPT MBA, Clinical Territory Manager with MedRhythms
Move is FDA listed Class II prescription medical device indicated to improve ambulation for those with PD related walking impairments.



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. This class is offered free of charge, please see if it is right for you.



Road Scholar Lectures

Tuesday, March 3rd 1:00 p.m.— Royal Favorites—Scandal, Beauty & Power Uncover the fascinating stories of the royal favorites who shaped French history from the Middle Ages to the Revolution. These often overlooked women wielded immense power, influencing kings, politics and the course of history from behind the throne.

Tuesday, March 10th 1:00 p.m.— Greece—Land of History, Beauty & Inspiration Greece is a country of contrasts: vibrant cities and timeless villages, wild mountain landscapes and tranquil islands, deep-rooted traditions and modern rhythms. For centuries, Greece has nurtured a culture of human values and coexistence—a place where history and beauty meet.

Tuesday, March 17th 1:00 p.m.— Women of the U.S. Capitol’s Statuary Hall In 1864, Congress invited each state to contribute two statues of prominent citizens for display, yet it was not until 1905 that the first statue honoring a woman was dedicated. Only in the 21st century did other statues of women begin to appear, raising questions about whose stories are honored in America’s temple of democracy.

Tuesday, March 24th 1:00 p.m.— Shaping London History—10 Women Honored in Statues There are over 250 statues in London, fewer than 20 honor non-royal women. Learn their amazing stories from medical pioneers to cultural icons.

Tuesday, March 31st 1:00 p.m.—The Women of the French Revolution—Courage & Change Explore the women who helped shape the French Revolution. All played a part in one of the most transformative chapters in French history. From writers and political activists to everyday citizens swept up in the fervor of change, these women met the Revolution with courage, conviction and at times, great personal risk.

These programs are presented virtually.

March Menu

March 2nd — Hot Dogs, Baked Beans & Brown Bread

March 9th — Beef Stew

March 16th — Tuna Caesar Salad

March 23rd — Stuffed Baked Potato

March 30th — Meatloaf

March 4th — Baked Herb Chicken

March 11th — Spaghetti Bolognese

March 18th — Chicken Parmesan Sub

March 25th — Broccoli Chicken Alfredo

March 6th — Shrimp Quesadilla

March 13th — New England Clam Chowder

March 20th — Pasta Fagioli Soup

March 27th — Vegetable Chili

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.

Bon Appetit

Special Events

Cooking Demonstration with Pampered Chef

Thursday, March 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.

Marvin Perry in Concert

Friday, March 20th 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.



St. Patrick's Day Luncheon

Tuesday, March 17th 12:00 p.m.

Wishing blessings for you and yours. May happiness never leave your side.

We invite you to join us on St. Patrick's Day for a traditional meal of Corned Beef & Cabbage. Tickets are required for this event and are \$5.00 and can be purchased at the Council on Aging front desk.

There will be no take out available on this day.

The Fascinating Georgia O'Keeffe Monday, March 23rd 1:00 p.m.

Experience O'Keeffe's ever-evolving career. From her early views of New York City, to her famous enlarged flowers, to her unique expressions of New Mexico's natural beauty—enjoy the journey of one of America's most innovative artists. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways.



Heart Health and Aging

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

Community EMS will educate you on how your heart changes with age, signs of hearing disease and understanding and managing your blood pressure, all to keep your heart healthy.

Friday Flick

Irish Wish

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

Always a bridesmaid, never a bride – unless, of course, your best friend gets engaged to the love of your life, you make a spontaneous wish for true love, and then magically wake up as the bride-to-be. That's the pickle in which Maddie finds herself in this romantic comedy.



Hear Better Today

Tuesday, March 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.

LGBTQ + Supper Club

The LGBTQ+ Senior Supper Club will meet **Wednesday, March 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.



Bingo

Monday, March 30th 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.

Grief Support Group

Thursday, March 5th 1:00 p.m.

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.

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 | 3 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 Lecture | 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 2:00 p.m. Line Dancing | 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 1:00 p.m. Grief Support Group | 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. Lecture | 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 12:00 p.m. Cooking Demo. Reg. Req. 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 2:00 p.m. Line Dancing \$5 5:00 p.m. LGBTQ Supper | 12 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. Lecture | 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. Ceramics Craft |
| 16 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Concert | 17 9:15 a.m. Strength & Conditioning, free 10:30 a.m. Hand & Foot 10:30 a.m. Meditation 12:00 p.m. St. Patrick's Day Luncheon, Tickets 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 2:00 p.m. Line Dancing \$5 | 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. Concert |
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| 30 10:00 a.m. Chair Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$ | 31 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 | <div style="border: 1px solid black; padding: 5px; margin: 0 auto; width: 80%;"> <p>Duplicate Bridge</p> <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> | | |

**Daylight Saving Time Begins on March 8th.
Do not forget to set your clock ahead one hour.**



Marion Council on Aging with Bloom Tours and special sponsorship from the FMCOA present:

Sandwich Glass Museum—Thursday, May 7th 9:00 a.m.—4:30 p.m. Begin your day with a stop at Green Briar Nature Center. Located on the shores of Smiling Pool and adjacent to the famous Briar Patch of Thornton Burgess’s stories. This unique spot boasts a mercantile, as well as a jam making kitchen. After our visit we will head over to enjoy a buffet lunch at the Daniel Webster Inn. After lunch we will visit the Sandwich Glass Museum. Since 1925, the Sandwich Glass Museum has been interpreting the glassmaking history of the Town of Sandwich, and since 1980 has been actively fostering contemporary glass art and the artists who make it. Cost of the trip is \$95.00 due at sign up, no refunds.

Tall Ships—Thursday, July 16th 7:15 a.m.—2:00 p.m. Celebrate America’s 250th anniversary with us as the Tall Ships return to Boston. Do not miss this rare opportunity to connect with an up-close view of these incredible vessels—cruising, with panoramic harbor views, is the best way to experience this truly unique tradition. Enjoy a delicious buffet while being transported, as the history-rich Tall Ships drift by. Cost of the trip is \$100.00 due at sign up, no refunds.

Marion residents have preference in signing up for both of these excursions up until March 27th.



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.

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