

SIPPICAN SOUNDINGS

News from the Marion Council on Aging

April 2019

The Council on Aging's mission is to advocate on behalf of Marion's Older Adult population and to strive to enhance quality of life in the community by providing educational, recreational, and cultural programs and activities.

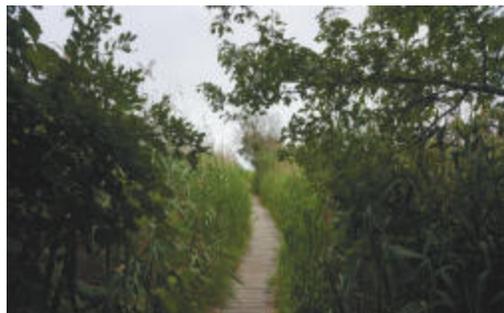
Special Events

Wildflowers along the Cape Cod Canal
Monday, April 8th 12:30 p.m.

Wildflowers lend a touch of beauty, fragrance and variety to the Canal landscape, but they also have been used for centuries as herbs, medicine, clothing and survival food. The presentation will include a short video that covers the aesthetic and practical sides of wildflowers. Beginning with the skunk cabbage, the earliest flowering plant in the Canal region, the plants are presented in their general flowering order throughout the seasons, ending with witch hazel marking the end of the flowering season here at the Cape Cod Canal. This presentation is being made by US Army Corps of Engineers Lead Interpretive Ranger Samantha Gray.

Sippican Lands Trust Lecture
Monday, April 22nd 12:30 p.m.

Sippican Lands Trust is celebrating their 45th anniversary of protecting wildlife, ecosystems and natural resources. Jim Bride, Executive Director of Sippican Lands Trust will highlight trails, plants and animals unique to each parcel.



Art For Your Mind

John Singer Sargent-An American Legacy

Monday, April 29th 12:30 p.m.

John Singer Sargent - An American Legacy is a sampling of Sargent's work, offering insight into his ever-evolving techniques and subjects. From elegant society images to informal watercolors, Sargent's extraordinary talent brought him both commercial success and art critics' disapproval. Jill Sanford from Art For Your Mind will present an engaging, educational, art observation experience designed to broaden the minds of its participants.

A catered lunch of Spring Vegetable Quiche will be served at 11:30 a.m. Reservations are required for the lunch, space is limited. Call 508-748-3570.



Thank you to the Friends of the Marion Council on Aging (FMCOA) for their assistance in supporting the Monday lecture series.

Day Trips

Museum of Fine Arts

Art in Bloom

Monday, April 29th 9:00 a.m.

Celebrate Spring at this annual festival of fine art and fresh flowers. Enjoy art from across the MFA's collection paired with magnificent floral interpretations. Cost of the trip is \$23.00 for museum admission, payment is due by April 5th. Lunch will be on your own at one of the many dining options available at the MFA. Sign ups begin on March 25th. Call 508-748-3570.



Upper Cape Cod Regional Technical School

Tuesday, April 30th 9:30 a.m.

Start the day out being pampered at the TechStyle Salon where Cosmetology students gain practical experience while making you beautiful. You will be treated to a complimentary manicure by the students. Afterwards you will make your way to the Canalside Restaurant where the Culinary Arts Department will be serving up delicious fare. Your meal will include chowder, choice of chicken cordon bleu or scrod, and dessert. Cost of the meal is \$10.50 & gratuity. Sign ups begin on April 16th. Call 508-748-3570.

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laguiar@marionma.gov
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COA Office Hours:

Monday - Friday
9:00 a.m. - 3:00 p.m.
465 Mill Street
Marion, MA 02738
508-748-3570

Wellness

Public Health Nurse

Wednesdays 10:30 a.m. -12:30 p.m.
Health consultations and education,
blood pressure monitoring and rou-
tine adult vaccinations.

Podiatry Clinic

Dr. Harry Shoemaker, D.P.M. pro-
vides podiatry services at the Com-
munity Center. Please call
508-748-3570 to schedule your
appointment. The next day the doc-
tor will be in is April 29th.

Dental Cleanings

April 5th

The Dental Hygienist Program pro-
vides consumers with a public
health dental hygienist that travels
to the Marion COA with a mobile
dental unit providing dental clean-
ings, screenings, oral health infor-
mation and education, including
denture adjustments and cleanings.
To schedule your appointment, call
Holly Petruzzo, RDH, 774-766-7238.

Caregivers

Caregiver Support Group

Thursdays - April 11th & 25th

1:00 p.m. - 2:00 p.m.

This support group, led by Carol
McAfee, LPN, CDP of Community
Nurse Home Care, is appropriate
for those in a caregiving role.
Please call 508-748-3570 to regis-
ter.

Waterfront Memory Café

Wednesdays

11:30 a.m. - 2:00 p.m.

Weekly gathering for individuals
with Alzheimer's or other memory
loss, with their care partner, family
or friends, in a safe, supportive and
engaging environment.

Legal Consultations

Jilian A. Morton, Esq. will be providing
complimentary legal consultations. The
next scheduled day for consultations is
April 9th. To reserve an appointment
call the Council on Aging office at
508-748-3570.

New Program

**Seniors! Walk Your Way to Money And
Help Your Center!**

April 1 - September 30

Who's eligible: Seniors, Staff and Board
Members

What do we do: Form teams of four, or
walk as individuals and complete a chal-
lenge within the timeframe.

What are the challenges?

For Teams of Four:

*Walk 1 mile a day, five days per week,
per person or

*Walk 3 miles a day, five days per week,
per person

For Individuals:

*Walk 30 minutes per day or

*Walk 7 minutes a day the first week and
add additional minutes each week until
you're walking 30 minutes a day, 5 days a
week

Where do we Walk? Anywhere you want!

As long as you walk, you can track it!

How do we Track? Everyone signs up
online and prints a walk journal with tips
and a chart for tracking time/distance
walked. **The COA can help you with this.**

How do we Win?

*Everyone on a team, and each individual,
who completes their challenge gets en-
tered to win a \$50 VISA gift card.

*For every team and individual who com-
plete their challenge, the COA gets en-
tered to win \$250 for future fitness pro-
grams.

*For more information stop by the COA or call
at 508-748-3570 or visit
www.mcoaonline.com/walkma. Program spon-
sored by Massachusetts Councils on Aging.*

April 2019 Community Center Activities at a Glance

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| 1 10:15 a.m. Yoga, free 11:30 a.m. Lunch | 2 9:00 a.m. Strength & Conditioning, free 11:30 a.m. Lunch 1:00 p.m. 50+ Job Seekers Networking Gr. | 3 10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café | 4 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2 5:00 p.m. Four Friends Art Open Reception | 5 10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, free |
| 8 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Wildflowers Along the Cape Cod Canal | 9 9:00 a.m. Strength & Conditioning, free 9:00 a.m. Legal Consultations 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 11:30 a.m. Lunch | 10 10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café | 11 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—2:00 p.m. Caregiver Support Group 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2 | 12 10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, free |
| 15 Closed in Observance of Patriot's Day Holiday | 16 9:00 a.m. Strength & Conditioning, free 11:30 a.m. Lunch | 17 10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café | 18 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2 | 19 10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, free |
| 22 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Sippican Lands Trust | 23 9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 11:30 a.m. Lunch | 24 10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café | 25 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—2:00 p.m. Caregiver Support Group 1:00 p.m. - 3:30 p.m. Duplicate Bridge, \$2 | 26 10:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, free |
| 29 9:00 a.m. Trip 10:15 a.m. Yoga, free 11:30 a.m. Catered Lunch. Registration required. 12:30 p.m. Lecture: Art for Your Mind - John Singer Sargent | 30 9:00 a.m. Strength & Conditioning, free 9:00 a.m. Trip 9:00 a.m. Collage Workshop Reg. req. 11:30 a.m. Lunch | Tuesday Strength & Conditioning | Duplicate Bridge | Yoga Strength & Conditioning |
| | | This class is being funded through a donation made in the memory of Lynne Rhoads. | Duplicate bridge for the intermediate player. Call MJ at 508-748-6688 to register to play. | These classes have been funded by a grant from the Massachusetts Executive Office of Elder Affairs. |

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Classic Movie Series

The Sippican Historical Society and Marion Council on Aging are delighted to present the monthly Classic Film Series at the Music Hall.

April 12th 7:00 p.m.

Stagecoach

May 10th 7:00 p.m.

American Graffiti

Education

50+ Job Seekers Networking Group
April 2nd 1:00 p.m. - 3:00 p.m.

This Job Seekers Networking Group program offers support and assistance to people age 50+ who are looking for a new job or career direction, reentering the workforce after an employment gap, or their Second Act career after retirement. New topic at each meeting. Facilitated by an HR professional/career coach. Develop new skills, tools and strategies to help in your career transition. This month's featured topic is: Networking 2.0 "You Must Give to Get!"

Funded by the Executive Office of Elder Affairs and managed by MCOA.

My Senior Center

When you scan in you will be entered into a monthly raffle. A winner will be drawn at random each month. By checking in, you are helping to provide accurate participation data to the town and the Massachusetts Executive Office of Elder Affairs. The winner for the month of February is **Laura Roy**.

Upcoming Events

Seniors & Children:

Create & Connect

Saturday, May 4th 10:00 a.m.

Create a colorful decorative tray with a special child in your life in an art workshop designed for seniors and children. Instructor Barbara Greenspan will show you how to make this unique project using a small wooden tray, mod-podge, tissue and decorative papers.

These trays can be for personal use or given as a gift. More important, it's fun, easy and a creative way to connect with a child in a relaxed and friendly environment. Sign up with the Marion Art Center.

Program will be held at the Benjamin D. Cushing Community Center.

Grillin' And Chillin' BBQ

Saturday, May 4th

12:00 p.m. - 2:00 p.m.

Join Chef Rich Conti as he prepares a BBQ menu consisting of BBQ Chicken, Pulled Pork, Veggie Burgers, Baked Beans, Farmer's - Cut Cole Slaw, Tossed Salad and Corn Bread. Chef Conti will give a brief cooking demonstration on one or more of the items he will be preparing. Registration is required for this program. Call 508-748-3570. Cost of this dining experience is \$25.00.

Photo I.D. Cards

May 10th 10:00 a.m.

A representative from the Plymouth County Sheriff's Department will come to the COA to make you a FREE photo identification card. Please bring documentation showing your name and address. Sign up by April 17th is required. Call 508-748-3570.

Art Gallery

UPCOMING SHOWS:

Four Friends - Jane Egan, Helen Johnson, Betty Beaulieu & Jennifer Cipriano

April 3rd - May 30th

Opening reception April 4th 5-7pm

Senior Show

June 1st - July 1st

Opening reception June 6th 5-7pm

Mixed Medium

July 3rd - August 12th

Opening reception July 11th 5-7pm



Pickety Place

Tuesday, May 28th 9:00 a.m.

Take a motor coach to Mason, NH for a delicious luncheon at Pickety Place. Choice of slow roast brisket over cheddar bread pudding or spring vegetables with garlic and basil sauce over cauliflower mash. All served with chive and garlic dip, lemon egg drop with orzo soup, antipasto salad and citrus pie. While there, visit the themed gardens that are the inspiration for creating their recipes. Afterwards, it's off to Peterborough, NH for some free time to explore. \$80.00 per person includes driver gratuity and is due by April 12th.

Collage Workshops

April 30th 9:00 a.m. & May 7th 9:00 a.m.

Learn the technique of painting in watercolors by working with textured rice papers resulting in colorful collages. Space is limited. Registration required. Call 508-748-3570 beginning April 1st.

This workshop is funded in part by a grant from the Marion Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.



| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|-----------------------------|------------------|----------------------------------|------------------|--|-------------------|--|-------------------|------------------------|------------------|
| 1 | Sodium (mg): Na* | 2 | Sodium (mg): Na* | 3 | Sodium (mg): Na* | 4 | Sodium (mg): Na* | 5 | Sodium (mg): Na* |
| Sausage w/ Peppers & Onions | *520 | Honey Ginger Chicken | 393 | Roast Turkey w/ Gravy | 150 | Beef Bolognese | 163 | Cheese Lasagna | 359 |
| Pasta Alfredo | 116 | Pineapple Rice | 35 | Cranberry Sauce (2) | 16 | Spaghetti | 1 | Chickpea Blend | 52 |
| Mini Sub Roll | 162 | Oriental Vegetables | 26 | Garlic Mash. Potato | 62 | Italian Vegetables | 26 | Asparagus | 6 |
| Peaches | 5 | WW Bread | 160 | Winter Squash | 13 | Multigrain Roll | 190 | Dinner Roll | 160 |
| | | Fresh Apple | 2 | Oatmeal Bread | 121 | Strawberry Cup | 4 | Mandarin Oranges | 6 |
| | | | | Oatmeal Raisin Cookie | 108 | | | | |
| | | | | Diet. Graham Wafers | 85 | | | | |
| Total Sodium: | 804 | Total Sodium: | 616 | Total Sodium: | 674 | Total Sodium: | 384 | Total Sodium: | 583 |
| Calories: 496 | Carbs: 69 | Calories: 478 | Carbs: 70 | Calories: 674 | Carbs: 110 | Calories: 616 | Carbs: 95 | Calories: 361 | Carbs: 55 |
| 8 | A 9 | A 10 | A 11 | A 12 | A | A | A | A | A |
| Crustless Chicken Pot Pie | 273 | BBQ Pulled Pork | 484 | Lentil Soup | 233 | Braised Beef | 241 | Haddock w/ Herb Sauce | 143 |
| Parsley Mash. Potatoes | 63 | Whipped Sweet Potato | 33 | Curry Chicken | 320 | Red Bliss Potatoes | 4 | Wild Rice | 43 |
| Green & Wax Beans | 3 | Broccoli Florets | 12 | Mixed Vegetables | 41 | Italian Green Beans | 3 | Roman Vegetables | 26 |
| Biscuit | 340 | WW Hamburger Roll | 190 | WW Roll | 160 | Oatmeal Bread | 121 | Scali Bread | 190 |
| Mixed Fruit | 10 | Apple Crisp | 22 | Strawberry Cup | 4 | Pineapple w/ Shredded Coconut | 1 | Applesauce Cups | 20 |
| | | | | | | | | | |
| Total Sodium: | 690 | Total Sodium: | 741 | Total Sodium: | 813 | Total Sodium: | 370 | Total Sodium: | 422 |
| Calories: 612 | Carbs: 83 | Calories: 504 | Carbs: 72 | Calories: 549 | Carbs: 83 | Calories: 535 | Carbs: 64 | Calories: 394 | Carbs: 50 |
| 15 | Holiday | 16 | B 17 | B 18 | B 19 | B | B | B | B |
| | | Hot Dog | *550 | Tossed Salad w/ Dressing | 124 | Beef & Cabbage | 300 | Fiesta Omelet | 382 |
| | | Mustard & Relish Packet | 136 | Honey Mustard Chicken | 481 | Casserole | | Hash Browns | 136 |
| | | Baked Beans | 36 | Roasted Sweet Potato | 33 | Florentine Rice | 112 | Zucchini & Sum. Squash | 3 |
| | | Cabbage & Carrots | 47 | Oatmeal Roll | 121 | Multigrain Roll | 190 | Fruit Loaf | 115 |
| | | WW Hot Dog Roll | 210 | Fresh Orange | 0 | Fresh Banana | 1 | Mixed Fruit | 10 |
| | | Apricots | 10 | | | | | | |
| | | Total Sodium: | 989 | Total Sodium: | 758 | Total Sodium: | 603 | Total Sodium: | 647 |
| | | Calories: 632 | Carbs: 79 | Calories: 452 | Carbs: 62 | Calories: 513 | Carbs: 79 | Calories: 529 | Carbs: 75 |
| 22 | A 23 | High Sodium Meal | 24 | A 25 | A 26 | A | A | A | A |
| Cheeseburger | 387 | Minestrone Soup | 239 | Chicken Bruschetta | 394 | Macaroni & Cheese | 403 | Potato Pollock Fillet | 150 |
| Ketchup Packet | 82 | Turkey & Cheese w/ Mini Sub Roll | *507 | Fluffy Rice | 36 | Escalloped Tomatoes | 143 | Tartar Sauce | 261 |
| Potato Wedges | 27 | Mustard Packet | 55 | Tahitian Blend | 38 | Peas & Button | 133 | Confetti Rice | 43 |
| Jardinière Blend | 39 | Cole Slaw | 81 | WW Bread | 160 | Mushrooms | | Brussel Sprouts | 12 |
| WW Hamburger Roll | 230 | Cinnamon Apples | 4 | Mini Red Velvet Cake | 230 | Fruit Loaf | 115 | Potato Bread | 115 |
| Strawberry Cup | 4 | | | Diet. LS Cake | 210 | Pineapple | 1 | Peaches | 5 |
| | | | | | | | | | |
| Total Sodium: | 768 | Total Sodium: | 1048 | Total Sodium: | 858 | Total Sodium: | 795 | Total Sodium: | 585 |
| Calories: 760 | Carbs: 89 | Calories: 469 | Carbs: 55 | Calories: 576 | Carbs: 65 | Calories: 759 | Carbs: 109 | Calories: 519 | Carbs: 65 |
| 29 | B 30 | B | B | B | B | B | B | B | B |
| Caribbean Chicken | 375 | Tossed Salad w/ Dressing | 124 | On Thursdays the Marion Council on Aging will be serving a different selection. If you would like to dine on the Coastline option it will be available in Rochester, Fairhaven & Mattapoisett. | | We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack. | | All Meals include: | |
| Dirty Rice | 137 | American Chop Suey | 211 | | | Congregate Meal participants may take home packaged bread, desserts and milk. | | Milk: | |
| Tuscany Blend | 56 | Peas & Portabellas | 133 | | | | | 110 Calories | |
| Oatmeal Bread | 121 | Garlic Roll | 160 | | | | | 125mg Sodium | |
| Mandarin Oranges | 6 | Pears | 4 | | | | | 13g Carbs | |
| | | | | | | | | Margarine: | |
| Total Sodium: | 695 | Total Sodium: | 631 | | | | | 36 Calories | |
| Calories: 439 | Carbs: 66 | Calories: 515 | Carbs: 72 | | | | | 47mg Sodium | |

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : * Indicates a food with more than 500mg sodium
"Catch of the Day" will vary based on availability : Menu is subject to change without notice

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Globetrotting Thursdays

We are setting off on a tour of flavors from around the world this month. Your tour guide will be Johnson and Wales - trained Jody Dickerson serving up some savory delights. Lunch is served at 11:30 a.m. each Thursday.

Reservations are required. Call 508-748-3570.

April 4th - Greek Pocket Sandwich

April 11th - Tacos

April 18th - Chicken Parmesan Sandwich

April 25th - Cuban Sandwich



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.

Robert Frost Seminar

Tuesdays, 10:00 a.m. - 11:15 a.m.

April 2nd, 9th, 16th & 23rd

Stephen Collins will be leading this interactive seminar. Structured more as an inclusive group discussion than "didactic lecturing," you will work with some of his better known poems as well as some that never seem to get much attention. Stephen Collins grew up in Cambridge and received a BA in Literature from UMass Boston. After twenty plus years in a sales career, he is back doing what he truly loves - performing and teaching. Recently, he has been teaching seminars on Whitman, Hardy, Shakespeare, Frost and Contemporary Poetry. Pre-registration for this series is required. Call 508-748-3570. This series is made possible through a generous donation made in the memory of Lynne Rhoads.

This program will be held at the Marion Music Hall.

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

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