

SIPPICAN SOUNDINGS

News from the Marion Council on Aging

November 2019

Special Events

Art For Your Mind -The Three Wyeths with Jill Sanford
Monday, November 4th 12:30 p.m.
Take a look at three generations of artists from the famous Wyeth family: Andrew's unique landscapes, N.C.'s oil paintings of American leaders and heroes, and Jamie's imaginative images.

A catered lunch of chicken cacciatore will be served at 11:30 a.m. Reservations are required for the lunch. Call 508-748-3570 by October 31st.

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



AARP Driver Safety Course
Thursday, November 7th

9:45 a.m. - 3:00 p.m.

Cars have changed. So have traffic rules, driving conditions, and the roads you travel every day. Even the most experienced drivers can benefit from brushing up on their driving skills. You'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. Take the AARP Driver Safety Classroom Course and learn

proven safety strategies to maintain your confidence behind the wheel. There will be a thirty minute break for lunch, bring your own or dine at the COA. Please arrive before 9:45 a.m. to fill out paperwork. Cost of the class is \$15.00 for AARP members and \$20.00 for non-AARP members. Call 508-748-3570 to register.

Pumpkintown Farm

Monday, November 18th 12:30 p.m.

Located in West Wareham, Pumpkintown Farm started as a little hobby farm that grew into a goat milk soap making journey. From there a local business was born. Making all natural, chemically free goat milk soap is owner Elizabeth Arone's passion. She has a strong commitment to the environment and planet, that is why she sources only natural and sustainable ingredients in every bar of soap that she creates. Come learn more about Elizabeth's journey into the soap making business

Positive Effects of Humor

Monday, November 25th 12:30 p.m.

Humor only does good things for our mind, body & soul. People who laugh have a lower rate of depression and anxiety. Learn from John Rogers, LSW with Catholic Memorial Home how to ignore frustration and laugh at the situation and learn to laugh at yourself.

Medical Marijuana Explained
Monday, December 2nd 12:30 p.m.

Learn the science of cannabinoids, terpenes, the many forms of ingestion and its uses. Be informed on the Massachusetts Medical Marijuana Program and its benefits.

Lunchtime Cooking Demonstration
With Linda Medeiros

Monday, December 9th 11:30 a.m.

Learn how to prepare a quick and nutritious lunch and learn some new tips on how to save money and time while preparing delicious meals. Bring you appetite! For planning purposes please sign up by December 5th. Call 508-748-3570. A \$5.00 donation is requested.

ORR Thanksgiving Banquet

The Annual ORR Thanksgiving Banquet at Old Rochester Regional will be held on Sunday, November 24th in the ORR cafeteria. Doors open at 11:15 a.m. dinner will be served at Noon. Tickets are available for tri-town seniors from their Council on Aging, transportation is available.



Holiday Dinner

The Marion Police Brotherhood Annual Holiday Dinner will be held on Saturday, December 7th. Doors open at 11:30 a.m. and dinner is served at 12:00 p.m. Seating is limited, you must register by December 2nd. Call 508-748-3570.

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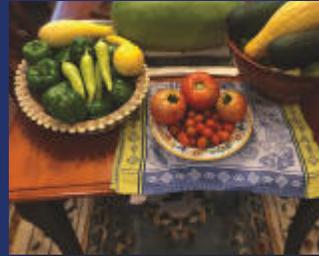
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COA Office Hours:

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. Erik Henriksen, D.P.M.
provides podiatry services at the
Community Center on November 8th.
Please call 508-748-3570 to sched-
ule your appointment.

Dental Cleanings

The Dental Hygienist Program
provides 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.
The next date Holly will be in Marion
is on Friday, November 22nd. To
schedule your appointment, call
Holly Petruzzo, RDH, 774-766-7238.

South Coastal Counties Legal Services

The Seniors Law Project of South
Coastal Legal Services, Inc. is fund-
ed in part by Coastline to provide
free legal assistance to seniors.
While there is no income criteria,
the SLP directs its efforts to those
with the greatest economic and so-
cial need. Assistance usually falls
with these priority areas:

- Social security benefits
- Subsidized housing matters
- Food stamps, Medicaid estate
planning
- Physical & financial abuse
- Nursing home related problems

Appointments available December
10th starting at 9:30 a.m. Call 508-
748-3570 to reserve a spot.

Legal Consultations

Jilian A. Morton, Esq. provides
complimentary legal consultations.
To reserve an appointment call the
Council on Aging office at
508-748-3570.

My Senior Center

When you scan in you will be en-
tered into a monthly raffle. A winner
will be drawn at random each
month. By checking in, you are help-
ing to provide accurate participation
data to the town and the Massachu-
setts Executive Office of Elder
Affairs. The winner for the month of
September is Robert Jones.

Open Enrollment

During Medicare Open Enrollment,
from October 15th - December 7th,
you will be able to change your plan
for next year. If you would like help
understanding upcoming changes
and options, a S.H.I.N.E. counselor
can help. Call 508-748-3570.

Art Gallery

UPCOMING SHOWS:

Art for All Ages

November 1st - December 2nd

Opening reception November 7th 5-7pm

Anything Goes- Whimsy, Abstract, Fun & Fantastic

December 4th - January 2nd

Opening reception December 5th 5-7pm

Senior Show

January 6th - January 31st

The Artisans

Grainger Pottery, Dannie Engwert, Deb-
orah Kuhlman-Hussey & Dave Peterson

February 3rd - February 28th

Opening reception February 6th 5-7 pm



November 2019 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga Strength & Conditioning Friday	Strength & Conditioning Tuesday	Meditation	Duplicate Bridge	1
These classes have been funded by a grant from the Massachusetts Executive Office of Elder Affairs.	This class is being funded through a donation made in the memory of Lynne Rhoads.	This class is being funded from a Title III grant through Coastline Services.	Duplicate bridge for the intermediate player. Call MJ at 508-748-6688 to register to play.	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
4	5	6	7	8
10:15 a.m. Yoga, free 11:30 a.m. Catered Lunch, Reservations req. 12:30 p.m. Lecture: The Three Wyeths 2:00 p.m.—3:00 p.m. Line Dancing, \$3	9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 11:30 a.m. Lunch	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	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. Memory Loss Support Gr 1:00 p.m.—3:30 p.m. Duplicate Bridge, \$2	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
11	12	13	14	15
Closed in Observance of Veteran's Day We will be hosting a Veterans Day Luncheon for Veterans and Active Duty Personnel	9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 10:30 a.m. Meditation 11:30 a.m. Lunch	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	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	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
18	19	20	21	22
10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Pumpkintown Farm 2:00 p.m.—3:00 p.m. Line Dancing, \$3	9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 10:30 a.m. Meditation 11:30 a.m. Lunch	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	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. Memory Loss Support Gr 1:00 p.m.—3:30 p.m. Duplicate Bridge, \$2	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
25	26	27	28	29
10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Positive Effects of Humor 2:00 p.m.—3:00 p.m. Line Dancing, \$3	9:00 a.m. Strength & Conditioning, free 9:00 a.m.—11:00 a.m. Basket Weaving Reg. req 10:30 a.m. Meditation 11:30 a.m. Lunch	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	Closed in Observance of the Thanksgiving Holiday 	Closed in Observance of the Thanksgiving Holiday 

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Day Trips

Cape Cod Mall, Trader Joes & Christmas Tree Shops
Thursday, November 14th 9:30 a.m.
Our first stop will be the Cape Cod Mall, where you will have some time to shop and grab lunch before heading to Christmas Tree Shops and Trader Joes. Sign up begins October 31st. Call 508-748-3570.

Sandwich Glass Museum
Thursday, November 21st 9:45 a.m.
Enjoy the 10th Annual Glassblowers Christmas Exhibit. Take in a glassblowing demonstration, a documentary movie about the history of glassblowing in Sandwich and take your time admiring all of the Christmas trees that will be on display with handmade glass ornaments. After a fun filled experience at the museum, you can enjoy a delicious lunch at the Daniel Webster Inn. Museum admission is \$5.00, you will be responsible for the cost of your lunch as well. Sign ups begin on November 7th. Call 508-748-3570.

Trip to Patriot's Place, Foxborough
December 5th 10:00 a.m.
Dine at your choice of wonderful restaurants, too many to name. Shop at stores such as Bass Pro Shops, Ulta and Bath & Body Works. Sign ups begin on November 21st. Call 508-748-3570.

LaSalette Shrine and Dinner
Thursday, December 12th 2:15 p.m.
We will arrive at LaSalette to enjoy Father Pat's Choral Concert and then take in the lights, gift shop and grounds. Afterwards we will head to Bliss Restaurant & Ice Cream Shop. You will be responsible for the cost of your dinner. Sign ups begin on November 25th. Call 508-748-3570.

Holiday Pops Concert
Zeiterion Theatre
Saturday, December 14th 2:30 p.m.
Share the joy of the season as the New Bedford Symphony Orchestra performs all of your holiday favorites. Cost is \$10.00 per person. Sign ups for this trip will be taken early. They will begin on November 25th. Call 508-748-3570.

Classic Movie Series

The Sippican Historical Society and Marion COA are delighted to present the monthly Classic Film Series at the Music Hall
November 8th 7:00 p.m.
The Caine Mutiny
January 10th 7:00 p.m.
Nell
February 14th 7:00 p.m.
The Browning Version
March 13th 7:00 p.m.
The Day the Earth Stood Still
April 10th 7:00 p.m.
The Battle of Britain
May 8th 7:00 p.m.
The Piano
Movies are free and open to the public - Popcorn served.
Come early and listen to music provided by Truman Terrell, Bob Sanderson and Michele Richardson.



Zeiterion Tickets

Tickets for the 2019-2020 season at the Zeiterion Theatre are once again being offered at a discount to area seniors for many of the shows. Stop by the COA to see a listing of upcoming shows.

Fuel Assistance

PACE Fuel Assistance Program assists eligible homeowners and renters in the Marion area with their home heating needs. Applications for fuel assistance will be available soon. Eligibility is based on the gross annual income of all household members. Call Linda Aguiar for more information, 508-748-3570.

George E. Curtis Charitable Trust.
This fund is administered by Coastline Elderly Services and is designed to help seniors living in Marion who are having difficulty paying for fuel. This is a one-time payment for fuel assistance and benefits seniors 60 years of age or older who live on fixed incomes. Fuel assistance may be provided for oil, gas, electric, propane or other fuels. Call Linda Aguiar for more information, 508-748-3570.

Volunteer Opportunity

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide offers free in-person preparation and assistance to anyone, especially those 50 and older, who can't afford a tax preparation service. Volunteers make a difference in their communities by assisting many older, lower-income taxpayers, who might otherwise miss out on the tax credits and deductions they've earned. Volunteering in this program does not require previous tax preparation experience. AARP provides training on the software and tax law. We would like to offer this program in Marion, but in order to accomplish this we need VOLUNTEERS! If you would like to offer your assistance, please call the COA at 508-748-3570.



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Come Join Us On Tuesdays for our Ethnic Meal Series!</p> 	<p>We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.</p> <p>Congregate Meal participants may take home packaged bread, desserts and milk.</p>	<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>	<p>1 Sodium (mg): Na*</p> <p>Seafood Newburg *569 w/ Scallops White Rice 36 Broccoli 12 WW Bread 160 Peaches 5</p> <hr/> <p>Total Sodium: 783 Calories: 418 Carbs: 55</p>
4	A 5	A 6	A 7	A B
Orange Tarragon Chicken 423 Parsley Mash. Potato 63 Genoa Blend 40 Multigrain Bread 190 Applesauce 15	Cheeseburger 387 Ketchup 82 Roasted Potatoes 33 Cabbage & Carrots 47 WW HB Roll 230 Rice Pudding 160 Diet: D. Pudding 110	Roast Pork 71 Apple Gravy 121 Whipped Sweet Potato 33 Brussels Sprouts 12 Oatmeal Bread 121 Fresh Apple 2	American Chop Suey 211 Peas and Carrots 80 Honey Wheat Roll 190 Mandarin Oranges 6	Chicken A La King 183 Fluffy White Rice 36 Italian Green Beans 3 WW Roll 160 Pineapple 1
Total Sodium: 731 Calories: 517 Carbs: 78	Total Sodium: 939 Calories: 718 Carbs: 78	Total Sodium: 358 Calories: 548 Carbs: 71	Total Sodium: 487 Calories: 435 Carbs: 63	Total Sodium: 384 Calories: 489 Carbs: 64
11	B 12	B 13	B 14	B 15
	Beef Stir Fry 347 Asian Rice 92 Mini Egg Roll 162 Dinner Roll 160 Pears 4	Oyster Crackers 133 Butternut Squash Soup 149 Apricot Chicken 359 Rice Florentine 112 WW Roll 160 Banana 1	Meatloaf w/ Gravy & Portobello Mushrooms 148 Cheesy Mash. Potato 90 Malibu Blend 59 Multigrain Bread 190 Cinnamon Apples 2	Salmon Boat w/ Herb Sauce 210 Roasted Potatoes 76 Tuscan Blend 33 Honey Wheat Bread 135 Mandarin Oranges 6
	Total Sodium: 765 Calories: 520 Carbs: 69	Total Sodium: 914 Calories: 534 Carbs: 75	Total Sodium: 618 Calories: 621 Carbs: 92	Total Sodium: 516 Calories: 420 Carbs: 64
18	A 19	A 20	A 21	A 22
BBQ Pork Rib 280 Baked Beans 36 German Slaw 81 Potato Bread 120 Peaches 5	Pineapple Ginger Chicken 423 Jasmine Rice 36 Oriental Veg 26 Oatmeal Bread 121 Applesauce 15	Mac & Cheese 403 Escalloped Tomatoes 143 Asparagus 81 Fruit Loaf 160 Fresh Orange 0	Roast Turkey w/ Rosemary Gravy 90 Mashed Potatoes 124 Carrots & Turnips 62 MG Roll 13 Pumpkin Pie 190 Diet: Pumpkin Pudding 209 110	Beef Chili w/ Cheddar Cheese 176 Rice 36 WW Roll 180 Pineapple 1
Total Sodium: 522 Calories: 429 Carbs: 65	Total Sodium: 621 Calories: 411 Carbs: 53	Total Sodium: 706 Calories: 695 Carbs: 93	Total Sodium: 688 Calories: 704 Carbs: 113	Total Sodium: 393 Calories: 460 Carbs: 69
25	B 26	B 27	B 28	B 29
Tuna Noodle Casserole 358 Peas & Mushrooms 133 Oatmeal Roll 121 Mandarin Oranges 6	Chicken Salad 241 Bowtie Pasta Salad 85 Cole Slaw 81 Sub Roll 162 Banana 1	Shepherd's Pie 283 Glazed Carrots 83 WW Roll 160 Mini Key Lime Pie 209 Diet: LS Cake 210		Fish Sandwich 337 Tartar Sauce 267 Potato Wedges 27 Green Beans 3 WW Hamburger Bun 230 Applesauce 14
Total Sodium: 618 Calories: 428 Carbs: 61	Total Sodium: 570 Calories: 457 Carbs: 55	Total Sodium: 734 Calories: 730 Carbs: 114		Total Sodium: 868 Calories: 701 Carbs: 75

* Indicates a food with more than 500 mg sodium.
Please inform Coastline if you have any food allergies.

Menu is subject to change without notice.
Catch of the Day will vary based on availability.

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Soup-er Thursdays

There is no meal that evokes such fond memories as a bowl of homemade soup that heals the body and spirit.

November 7th - Turkey and Wild Rice Soup

November 14th - Lasagna Soup

November 21st - French Onion Soup

To help offset the cost of these luncheons a \$5.00 donation is suggested.



Reservations are required 48 hours in advance (Tuesday)

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.

Veterans Day Luncheon

Monday, November 11th

We invite all Veterans, Active Duty Service Members and their guest for a Soup & Sandwich luncheon.

Please RSVP by Thursday, November 7th.

Call 508-748-3570. Doors will open at 12:30 p.m.

Lunch will be served at 1:00 p.m.



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