



SIPPICAN SOUNDINGS

News from the Marion Council on Aging
January 2022



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.

Happy New Year—Welcome 2022



New Year, new inspiration. Take the start of a new year to embark on a new path. We encourage you to try out one of the many new classes being offered here at the Council on Aging.

Exercise:

Chair Yoga— A gentle yoga class that will help you recharge your body, mind and spirit. Mondays at 9:00 a.m.

Strength & Conditioning—A full body routine, using hand weights that works on your strength and flexibility. Tuesdays at 9:00 a.m. & Fridays at 12:30 p.m.

Tai Chi— Often referred to as “Meditation in Motion” Tai Chi focuses on a series of movements performed in slow, focused manner and accompanied by deep breathing. This class offers the benefits of increasing your strength, flexibility and balance. Wednesdays & Thursdays at 9:00 a.m.

Motion & Balance— * New Class* Improve your balance with a gentle, modified class for all ages and conditions. You will work through a series of easy and safe balance exercises combined with gentle stretch work to increase the range of motion of your joints. Wednesdays at 9:30 a.m. (Beginning January 12th.)

Zumba— This dance fitness class is a total workout combining all elements of fitness—cardio, muscle conditioning, balance and flexibility. Fridays at 9:00 a.m.

Walking Path— Each lap around the recently installed walking path at the Community Center will take you on an eighth of a mile tour of the property.

Exercise classes are offered free or at a nominal fee, so that all can participate with no barriers.

Technology Series:

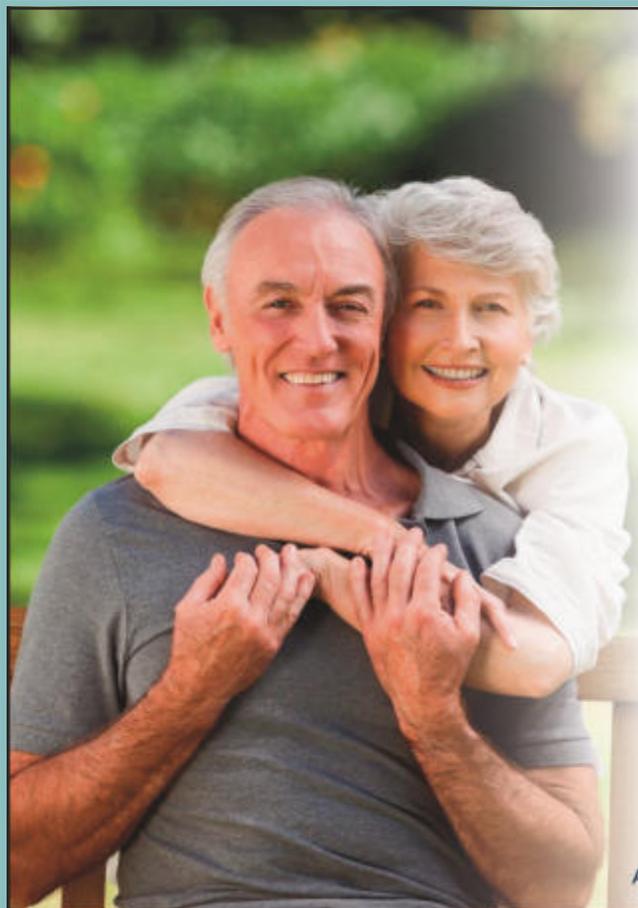
When Covid emerged so much programming went virtual. We understand this was a platform that not everyone felt comfortable with and we are hoping to address that with this technology series.

Dave Vieira of Home PC Help Desk, will be starting an on-going series that will teach you how to use your device with confidence. The goal is to make your computing easy to do. Dave will lead you with step by step instruction to your level of experience. The series will begin on January 11th with tips on safety with your computer and phone and cover the basics of using Zoom.



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Special Events

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Gloria Solano, Outreach
Coordinator
gsolano@marionma.gov
Paul Garib, Van Driver
Norman Johnson, 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 Coast-line Elderly Services, Inc., Massachusetts Executive Office of Elder Affairs and the Federal Administration for Community Living.

Art For Your Mind with Jill Sanford Cityscapes

Monday, January 10th 1:00 p.m.

Enjoy a selection of paintings showcasing unique ways artists have portrayed city life over time. Learn about the interesting and surprising decisions involved in creating these images—from America and Europe.



A catered lunch of Shepherd's Pie will be offered at Noon, prior to the presentation. There will be limited seating for the luncheon and lecture and reservations are a must. Call 508-748-3570. A suggested donation of \$5.00 is requested to cover the cost of the luncheon.

Technology Series with Home PC Help Desk

Tuesday, January 11th 1:00 p.m.

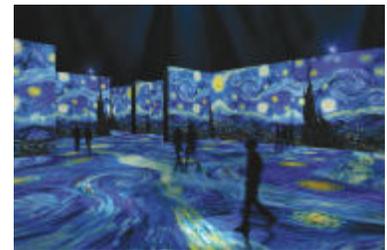
Dave Vieira will give tips on ways to remain safe with your computer and phone. Also covered will be how to use Zoom confidently.



Van Gogh Immersive Exhibition

Thursday, January 13th 9:00 a.m.

Enjoy over 200 of the Dutch artist's paintings at the SoWa Power Station in Boston. Cost of the tickets are \$34.99 per person and must be paid at time of sign up. Reservations must be made by January 6th. Call 508-748-3570. Lunch will be an additional cost at an area restaurant.



Veterans Breakfast Social

Tuesday, January 18th 9:00 a.m.

Come together with some coffee and conversation over breakfast. Open to Veterans and Active Duty Service Members. Call 508-748-3570 to register to attend.

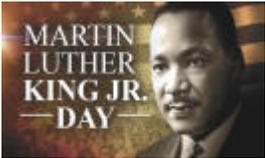


Cooking Demonstration with Linda Medeiros

Tuesday, January 18th Noon

Come and join us for a lunchtime cooking demonstration with Linda Medeiros. Learn how to prepare a quick and nutritious salad and also a healthy dessert. There is a \$5.00 suggested donation for this program. Call 508-748-3570 to register and bring your appetite!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 a.m. Yoga, free	4 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m.—3:00 p.m. Mah Jong	5 9:00 a.m. Tai Chi, free 12:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	6 9:00 a.m. Tai Chi, free 12:00 p.m. Soup's on 1:00 p.m. Bridge, \$2.00	7 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
10 10:00 a.m. Yoga, free 1:00 p.m. Lecture: Art For Your Mind	11 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Technology Help Desk 1:00 p.m.—3:00 p.m. Mah Jong	12 9:00 a.m. Tai Chi, free 9:30 a.m. Motion & Balance, free 12:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	13 9:00 a.m. Tai Chi, free 9:00 a.m. Van Gogh Trip 12:00 p.m. Soup's on 1:00 p.m. Bridge, \$2.00 1:00 p.m.—2:00 p.m. Memory Loss Support Group	14 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
17  MARTIN LUTHER KING JR. DAY	18 9:00 a.m. Veterans Breakfast Social 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 12:00 p.m. Cooking Demonstration 1:00 p.m.—3:00 p.m. Mah Jong	19 9:00 a.m. Tai Chi, free 9:30 a.m. Motion & Balance, free 12:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	20 9:00 a.m. Tai Chi, free 12:00 p.m. Soup's on 1:00 p.m. Bridge, \$2.00	21 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free
24 10:00 a.m. Yoga, free	25 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m.—3:00 p.m. Mah Jong	26 9:00 a.m. Tai Chi, free 9:30 a.m. Motion & Balance, free 12:00 p.m.—2:00 p.m. Memory Café 1:00 p.m.—3:00 p.m. Nursing Clinic	27 9:00 a.m. Tai Chi, free 12:00 p.m. Soup's on 1:00 p.m.—2:00 p.m. Memory Loss Support Group 1:00 p.m. Bridge, \$2.00	28 9:00 a.m. Zumba, \$6 12:30 p.m. Strength & Conditioning, free 1:00 p.m. Lecture: Make Your Own Seasonings
31 10:00 a.m. Yoga, free 1:00 p.m. Bingo, \$ \$ \$	Duplicate Bridge Duplicate Bridge for the intermediate player is held every Thursday at 1:00 p.m., cost is \$2.00. For more information or to sign up call M.J. Wheeler at 508-748-6688.		Inclement Weather Policy When the Marion Public Schools are closed due to a weather related emergency, COA sponsored activities will also be cancelled. If it is school vacation or you just are not sure, please call the office, 508-748-3570. Voicemail will be monitored remotely.	

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Special Events Continued

Make Your Own Seasonings

Friday, January 28th 1:00 p.m.

Looking to spice up your life? From savory to spicy, come make your own mixed seasoning blends using fresh spices. Sample warming spices from the counties of the Middle East and savory blends from the Mediterranean. Participants will create their own custom seasoning mixes to take home while learning about the health and flavor benefits of various spices. Everyone gets one bottle of their customized spice blends and several packets. \$10.00 per person materials fee to participate. Payment due at time of sign up.

Bingo

Monday, January 31st 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 cover-all & \$1.00 50/50 game.



Art Show

Senior Show

On exhibit through January 26th

Stop by the Community Center to view the works of some of our more seasoned artists. There will be no end to the talent filling the walls.



Health & Wellness

Podiatry Clinic

Dr. Erik Henriksen, D.P.M. visits the Community Center to provide podiatry services. Please call 508-748-3570 to schedule your appointment.



Dental Cleanings

Mobile Dental Hygiene Services

Teresa Simison, RDH, MSDH

Andrea Read, RDH, MSDH

This service provides consumers with a dental hygienist that travels to the Marion COA with a mobile dental unit providing dental cleanings, screenings, oral health information and education, including denture adjustments and cleanings. To schedule your appointment on February 14th, call 508-827-6725.



Public Health Nurse

Lori Desmarais, Public Health Nurse for the Town of Marion is available on Wednesdays from 1:00 p.m.- 3:00 p.m. for routine immunizations, blood pressure & blood sugar readings as well as home visits. You may contact Lori at 508-748-3507.

Sharps Collection

On the second Wednesday of the month from 9:00 a.m.—11:00 a.m. the Public Health Nurse offers the opportunity to drop off sharps and collect a new container. Next collection date is January 12th.

Soup's On

There is no meal that evokes such fond memories as a bowl of homemade soup that heals the body and spirit. Karen & Mike are thrilled to be back in the kitchen serving up some of your favorite soups. Registration 48 hours in advance is necessary, call 508-748-3570. Please consider a donation of \$5.00 for each lunch, but this is just a suggestion. We do not want to exclude anyone from joining us due to cost, as we encourage everyone to get out and enjoy a nice, homemade lunch. You will have the option to dine in or take out. Dine in served at Noon, take out served at 12:30 p.m.

January 6th— Chili

January 13th— Broccoli Cheddar

January 20th— Black Bean

Sausage

January 27th—Mushroom Bisque



Fuel Assistance

Massachusetts Home Energy Assistance program, commonly called Fuel Assistance, helps eligible, income qualified households pay the cost of heating their home. Also provided is emergency heating system repair and replacement services to eligible income qualified households. Applications can be obtained at the PACE Agency, 261 Union Street, New Bedford or by calling them at 508-525-4271. If assistance is needed with the application, please contact Gloria Solano, 508-748-3570.

Zeiterion Theatre

Coastline is happy to once again be working in concert with the Zeiterion to bring arts and entertainment back to the community, after the pandemic hiatus. The Z is providing discounted tickets as a community benefit. Tickets for the 21'-22' season at the Z are now on sale. Please stop by the front desk for a listing of shows. Some shows may sell out quickly, so do not delay in ordering!

COA Wish List

- Keurig Coffee Pods
- Wheelchair/Transport Chair
- Golf Cart
- Food Pantry Donations

Call 508-748-3570 with any questions.

Caregivers

Memory Loss Support Group

Thursdays—January 13th & 27th 1:00 p.m.—2:00 p.m.
This support group, led by Carol McAfee, LPN, CDP of Community Nurse Home Care, is designed for those in a caregiving role for loved ones afflicted with Memory Loss. Know you are not alone.

Memory Cafe

What is a Memory Café?

A Memory Café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. It is a place where guests can feel comfortable and know that they are not alone. Memory Café is a place to talk with others who understand what you are going through, where you can leave behind limitations and instead focus on strengths, enjoy each other's company and explore something new.

Wednesdays

12:00 p.m.—2:00 p.m.

Start the afternoon enjoying lunch and conversation with some new and old friends and then take in some music, play a friendly game or a different form of entertainment—something new each week. Please register to attend by calling Linda at 508-748-3570.



If you have not yet considered renewing your FMCOA membership for this current fiscal year (July 1, 2021 thru June 30, 2022) this is a reminder of the halfway mark.

Donations may be mailed to:

FMCOA
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All contributions are used to support and enhance programs benefitting the Council on Aging.

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A Food Pantry is opening at the Community Center in January

We're excited to announce that we will be opening a Food Pantry in January at the Community Center for Marion residents who need a little extra help with their food needs. Hours will include a week night and Saturday mornings to accommodate working families. Canned and dry foods, plus some paper goods will be offered initially. We'll be announcing the actual Food Pantry opening date in the next few weeks.

Location: the Community Center conference room **Start Date:** January 2022

Hours of operation: Tuesdays: 4-6 pm, Thursdays: 10 am-12 noon & Saturdays: 10 am-12 noon

Deliveries will be available for home-bound residents by calling the Council on Aging at (508) 748-3570.

How the Food Pantry will operate:

- Before you enter the Food Pantry, Volunteers will ask you a few general questions.
- The Food Pantry will be set up like a grocery store so you can select only the items you can use.
- Non-perishable food items and paper goods will be offered initially. Your reusable bags are appreciated.
- We ask that you limit visits to once per week per family and only select items that you plan to use that week.
- Also, please wear a mask when you're shopping in our Food Pantry due to the size of the room.
- If there are additional items that you'd like us to stock, we'll have a suggestion box by the Food Pantry entrance.

Stay tuned for our "Grand Opening" announcement!

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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