

SIPPICAN SOUNDINGS

News from the Marion Council on Aging
October 2022



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CENTER

Special Events

Healthy Living For Your Brain & Body

Friday, October 14th 1:00 p.m.

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Join us as we learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. An educational program presented by the Alzheimer's Association based on the latest research. Registration is required. Call 508-748-3570.

Art For Your Mind Presents... Why So Famous?

Monday, October 17th 1:00 p.m.

Ever wonder why some works of art became as famous as they have? Take a close look at the works of Da Vinci, Monet, Van Gogh, O'Keeffe, Picasso, Warhol and others— learn the stories behind their creativity and how their innovations transformed society's idea of what art is and can be. Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds— artists and non-artists alike. Call 508-748-3570 to register to attend.

Lunchtime Cooking Demonstration

Tuesday, October 18th 12:00 p.m.

Join Linda Medeiros and learn how to prepare a quick and nutritious lunch and learn some tips and tricks on how to save money and time while preparing delicious meals. Bring your appetite! Call 508-748-3570 to make your reservation. A suggested donation of \$5.00 is requested.

Paint Party With Lidia

Thursday, October 20th 1:00 p.m.

You will be given all of the materials necessary to go home with a beautiful 11 X 14 canvas that you will create under Lidia's direction. The cost of this two hour class is just \$20 and includes everything you will need. Come and enjoy time with friends and have fun while making beautiful art. Call 508-748-3570 to reserve your spot.



New Bedford Symphony Orchestra

Friday, October 21st 1:00 pm.

Delight in the sounds of this Oboe and Cello concert. Members from the New Bedford Symphony Orchestra will be on hand to play some music for your enjoyment. Call 508-748-3570 to attend.

Community Health Fair

Monday, October 24th

9:00 a.m.—Noon

The Marion Council on Aging is proud to host the 2nd annual Community Health Fair. Vendors will include:

- AAA
- All American Assisted Living
- All Hands Dentistry
- Alzheimer's Association
- Attorney Bandon Walecka
- Bask Canibas
- Belltone Audiology
- Coastline
- Dietician Barbara Canuel
- Heart to Home Meals
- Kindred at Home
- Marion Fire Department
- Marion Police Department
- Marion Public Health Nurse
- Tri Town Veterans Agent

These are just some of the vendors! Come and gather some information, free samples, get helpful tips and get your questions answered.



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Council on Aging Staff:

Karen Gregory, Director
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Coordinator
mpoznysz@marionma.gov
Linda Jackvony, Program
Coordinator
ljackvony@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 Coastline Elderly Services, Inc. and the Massachusetts Executive Office of Elder Affairs.

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 are 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.

Art Exhibits

Photography Show

On display September 29th—October 25th

Opening Reception

Thursday, October 6th 5:00-7:00 p.m.

Crafts & Wall Art Show

On display October 27th—December 27th

Opening Reception at the Festival of

Trees on November 26th 1:00-3:00 p.m.



Memory Cafe

Waterfront Memory Cafe

Wednesdays

12:00 p.m.—2:00 p.m.

An engaging gathering for individuals with memory loss and their care partner. 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. Register to attend by calling Linda at 508-748-3570.



Office Hours

Monday, Wednesday & Friday from 11:30 a.m.—1:00 p.m., during lunch service, the office will be closed. If you call during these hours and leave a message, it will be returned when the office re-opens.

Health & Wellness



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 call 508-827-6725.

Podiatry

Dr. Alan Lechan, D.P.M. will be providing podiatry care monthly at the Council on Aging.

Call 508-748-3570 to schedule your appointment.

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. an opportunity to drop off sharps and collect a new container is offered. Next collection date is October 12th.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 a.m. Yoga, free 12:00 p.m. Lunch	4 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	5 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m.—3:00 p.m. Nursing Clinic	6 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 5:00 p.m. Artists Opening Reception	7 Building Closed All Activities Cancelled In Preparation for the Annual Yard Sale
10 	11 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation	12 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m.—3:00 p.m. Nursing Clinic	13 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00	14 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Lecture
17 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Lecture	18 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 12:00 p.m. Cooking Demonstration, \$5	19 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 1:00 p.m.—3:00 p.m. Nursing Clinic 5:00 p.m. LGBTQ Supper	20 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00 1:00 p.m. Paint Party, \$20	21 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Symphony
24 9:00 a.m.—12:00 p.m. Health Fair	25 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 1:00 p.m. Flower Arranging, \$5	26 9:00 a.m. Tai Chi, free 9:15 a.m. Motion & Balance, free 12:00 p.m. Lunch 12:00 p.m.—3:00 p.m. Nursing Clinic	27 9:00 a.m. Tai Chi, free 1:00 p.m. Bridge, \$2.00	28 9:00 a.m. Watercolor Class, \$14 9:00 a.m. Strength & Conditioning, free 12:00 p.m. Lunch 1:00 p.m. Lecture
31 10:00 a.m. Yoga, free 12:00 p.m. Lunch 1:00 p.m. Bingo, \$	<div style="border: 2px solid black; padding: 10px; background-color: yellow;"> <p>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.</p> </div>			

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Special Events Continued

Flower Arranging

Tuesday, October 25th 1:00 p.m.

Join us as we welcome members of Marion's Garden Group as they lead a flower arranging workshop. There will be a \$5.00 materials fee to make a Fall arrangement. Space is limited, reserve your spot by calling 508-748-3570, payment due at sign up.

Become a Soup Master

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

Sample some homemade soups and stews and learn how to make them yourself using fresh and healthy ingredients. What could be better than a simmering pot of soup? Call 508-748-3570 to reserve your spot.

Bingo

Monday, October 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. Call to reserve your lunch before the game.



Yard Sale

Saturday, October 8th

9:00 a.m. — 1:00 p.m.

Time to clean out those closets, attics, garages & basements for our 3rd annual yard sale!

We request that you call ahead to schedule a drop off, 508-748-3570. Last day that we will be accepting donations is September 5th.

Sponsored by Friends of the Marion Council on Aging



Watercolor Art Class

Watercolor Classes with Canalside Artist Kate Furler

Fridays, 9:00 a.m. — 11:00 a.m.

This class focuses on watercolor techniques. Cost per each class is \$14.00 payable to the instructor. Call 508-748-3570 to register and to receive the list of class supplies you will need.

Marion Community Fund

The SouthCoast Community Foundation is now accepting applications for grants from the Marion Community Fund. All grants will be paid to the Town of Marion—Collectors Office—on behalf of grant recipients and credited toward the grant recipient's tax bill. Please note the following Income and Asset requirements: Income limit: Single—\$57,000, Head of Household—\$72,000, Married—\$86,000. Applications can be picked up at the Council on Aging's office.

Any questions can be directed to the SouthCoast Community Foundation at 508-996-8253.

The deadline to apply is October 7th.



Opportunity

Senior Work-off Abatement Program

This program allows taxpayers to provide services to the town in exchange for a reduction in their tax bill. Must be over the age of 60 and own and occupy, as a principal residence, the property for which Marion taxes are paid. Only one qualifying resident of the property may participate. Hourly compensation is based on the current state minimum wage and may not exceed \$750.00. Registration for this program will be held on Tuesday, October 4th at 1:00 p.m. at the Community Center. Bring a photo i.d., a copy of your current tax bill, and a copy of trust (if applicable). For further information please call 508-748-3570.



LGBTQ Supper Club

The LGBTQ Senior Supper Club will meet Wednesday, October 19th from 5:00 p.m. — 7:00 p.m. at the Marion COA. The meal will consist of a delicious Italian Feast. Please call 508-748-3570 so we know to expect you.



Upcoming Trips

Newport Playhouse
Thursday, October 20th



Join us as we travel to Newport, Rhode Island to enjoy the hilarious Broadway play, *Social Security*. Trendy art gallery owners Barbara and David, have their life upended when Barbara's uptight sister and brother-in-law, Trudy and Martin, deposit their eccentric mother, Sophie, on their doorstep while she and her husband head to Buffalo to rescue their sexually precocious daughter. Sophie is introduced to a suave, aging artist named Maurice who brightens her life in ways she never expected.

Enjoy a delicious luncheon buffet with all of your favorites on offer. After lunch, you will head to the intimate theatre to take in the play and then a cabaret presentation. Cost of the trip is \$64.95 per person. Space is limited, reservations will be taken beginning October 3rd. Call 508-748-3570. The trip will depart at 9:45 a.m. and return at approximately 5:30 p.m.



A Newport Christmas
Tuesday, December 6th

Join us on a festive, fun filled day trip... Christmas time in Newport! We will travel to Newport, Rhode Island for the perfect December day trip. We will begin with a morning visit and tour of the Breakers. The amazing holiday décor I sure to impress and put you in the Christmas spirit. Following our tour we are off to The Atlantic Resort, for a delicious lunch. You will have your choice of Baked Stuffed Scrod or Chicken Piccata. After lunch, we are back to the Mansions for a tour of the beautiful Marble House. After this visit we will hop back on the bus and head to the Festival of Lights at the LaSalette Shrine before heading home. We invite you to come and make some special holiday memories with us. For reservations, please call 508-748-3570. Cost of the trip is \$105⁵⁰. We will depart from the Marion Council on Aging at 8:30 a.m. and return home at approximately 7:00 p.m. Tour operated by Bloom Tours.

Festival of Trees

Festival of Trees

November 26th – December 8th

Benjamin D. Cushing Community Center - Marion

Opening Reception – Saturday, November 26th 1:00 p.m. – 3:00 p.m.



Organizations, businesses, community groups or interested individuals are invited to sponsor and decorate a tree for this year's festival.

Three foot table top, pre-lit trees will be made available to participants.

Raffle tickets will be sold, and on December 8th at 12:00 p.m. the winners will be drawn.

At the Festival reception there will be an artisan sale, music, refreshments and basket raffles.

Sponsored by the Friends of the Marion Council on Aging to benefit Programs at the Council on Aging.

For more information, to sponsor a tree or donate a basket please contact Karen Gregory at 508-748-3570. Deadline to register for sponsorship of a tree is November 14th.

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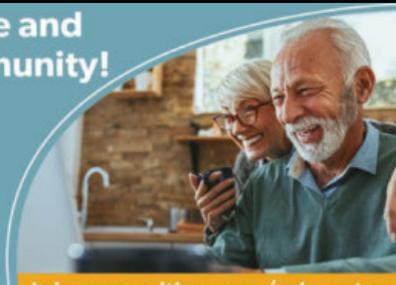
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PUMPKIN PALOOZA

Come one, come all—join us at the Cushing Community Center on Rte.6, for an afternoon of fun! Let's get together, show off artistic talents, and create a lighted pumpkin display along Rte. 6 for everyone to enjoy on Halloween weekend!

We'll provide pumpkins and carving stations with tools & tea lights or you can bring your own carved pumpkins to add to the display!

Costumes encouraged.

Join us for music, refreshments, yard games & goody bags.

Cushing Community Center—465 Mill Street

Saturday, October 29, 2022

1:00 to 3:00 p.m.

Pre-registration required for a pumpkin by calling 508-748-3570

Co-sponsored by Marion Recreation Department & Marion Council on Aging



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.

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