

SIPPICAN SOUNDINGS

News from the Marion Council on Aging
October 2019

Special Events

Life Begins at 80

Monday, October 7th 12:30 p.m.

"Life begins at 80 - the extraordinary true story of the life and times of Elizabeth Taber, Marion's mysterious, modest, marvelous benefactress". Wendy Todd Bidstrup came to Marion in 1965 with her husband, Larry, a teacher at Tabor Academy for 43 years. She is a graduate of Wells College with a degree in Fine Arts and served as the Executive Director of the Marion Art Center for 25 years. Now retired, Wendy has researched and written a book about Marion artist, Cecil Clark Davis. The story of Elizabeth Taber is her current project, and Wendy hopes to honor her generosity and memorable life in this little talk.

A catered lunch of quiche with a side salad will be served at 11:30 a.m. Reservations are required for the lunch. Call 508-748-3570 by October 4th to make your reservation.

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



Lunchtime Cooking Demonstration with Linda Medeiros

Monday, October 21st 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 your appetite! For planning purposes please sign up by October 18th Call 508-748-3570. A \$5.00 donation is requested.

Sippican Hotel Lecture & Walk

Tuesday, October 22nd 12:00 p.m.

Sippican Historical Society will be leading a lecture on the history of the Sippican Hotel. Following the lecture will be a walking tour of the village of Marion showing points of interest and the site of the Sippican Hotel itself. **This program will be held at the Marion Music Hall.**

How America Got Its Name

Thursday, October 24th 12:30 p.m.

If you enjoy history, you will enjoy this lecture and discussion presented by history enthusiast, Jerry Ciarcia.

Mercury Recovery Program and Other Environmental Resources

Monday, October 28th 12:30 p.m.

In this workshop you learn about the proper ways to dispose of hazardous materials such as elemental mercury, tricks for saving energy, and how to recycle the right way. This presentation is being led by CET - The Center for EcoTechnology.

Coffee with the Chief

Tuesday, October 29th 10:30 a.m.

Join Police Chief John Garcia for coffee and conversation. It will be a time for sharing information and addressing questions and concerns.

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 - all come together to reveal an interesting progression of American creativity.

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 to make your reservation.

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



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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

Flu Clinics

Wednesday, October 9th 9:00 a.m. -
11:00 a.m. Little Neck Village

Please be aware that there is limited
parking at Little Neck Village. Trans-
portation through the COA can be
arranged.

Tuesday, October 22nd 2:00 p.m. -
6:00 p.m. Benjamin D. Cushing Com-
munity Center

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.
To schedule your appointment, call
Holly Petruzzo, RDH, 774-766-7238.

Caregivers

Memory Loss Support Group
Thursdays - October 10th & 24th
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 for loved
ones afflicted with Memory Loss.
Please call 508-748-3570 to register.

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 en-
gaging environment.

Legal Consultations

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

Art Gallery

UPCOMING SHOWS:

Canal Side Artists

September 4th - October 30th

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



My Senior Center

When you scan in you will be en-
tered into a monthly raffle. A win-
ner 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
August is Doris Vaughan.

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.

October 2019 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga and Friday's Strength & Conditioning These classes are being funded by a grant from the Massachusetts Executive Office of Elder Affairs.	1 9:00 a.m. Strength & Conditioning, free 10:00 a.m. SLT Hike 10:30 a.m. Meditation 11:30 a.m. Lunch	2 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	3 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	4 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
7 10:15 a.m. Yoga, free 11:30 a.m. Catered Lunch, Reservations req. 12:30 p.m. Lecture: Life Begins at 80 2:00 p.m.—3:00 p.m. Line Dancing, \$3	8 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	9 10:30 a.m. Group Fitness \$35/10 weeks 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	10 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	11 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
14 Closed in Observance of Columbus Day	15 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 11:30 a.m. Lunch	16 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	17 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	18 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
21 10:15 a.m. Yoga, free 11:30 a.m. Lunchtime Cooking Demonstration Reservations req. 2:00 p.m.—3:00 p.m. Line Dancing, \$3	22 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 2:00 p.m.—6:00 p.m. Flu Clinic	23 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	24 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 12:30 p.m. History Disc. 1:00 p.m.—2:00 p.m. Memory Loss Support Gr. 1:00 p.m.—3:30 p.m. Duplicate Bridge, \$2	25 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
28 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Mercury Recovery Prog. & Environ. Resources 2:00 p.m.—3:00 p.m. Line Dancing, \$3	29 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 10:30 a.m. Coffee with the Chief 11:30 a.m. Lunch	30 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	31 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	Tuesday Strength & Conditioning This class is being funded through a donation made in the memory of Lynne Rhoads.

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Day Trips

Wrentham Village Outlets
Thursday, October 10th 10:00 a.m.
Shop at New England's largest outdoor shopping center, featuring over 170 exciting brand name stores in one location and plenty of places to grab a bite to eat. Something for everyone! Sign ups begin on September 26th. Call 508-748-3570.

Roger Williams Botanical Gardens
Thursday, October 17th 9:45 a.m.
We will begin the trip with a guided tour of the Gardens where you learn about the plants they raise and in addition gain some gardening tips. Cost of the guided tour is \$10.00. After the tour we will head into the city for some authentic Italian cuisine at Angelo's Restaurant. Sign ups begin on October 3rd. Call 508-748-3570.

Foxwoods Casino & Tanger Outlets
November 7th 9:00 a.m.
Enjoy a day of shopping at over 70 outlet stores, dining at scrumptious restaurants and browse and enjoy all that Foxwoods has to offer at your leisure! Sign ups begin on October 24th. Call 508-748-3570.

Sippican Lands Trust Hikes



The Marion Council on Aging is once again excited to partner with Sippican Lands Trust for a series of guided hikes of their properties. Oct. 1st White Eagle, Parlowtown Rd There will be themes for each walk and they begin at 10:00 a.m. Call 508-748-3570 for more information.

Classic Movie Series

The Sippican Historical Society and Marion COA are delighted to present the monthly Classic Film Series at the Music Hall
October 11th 7:00 p.m.
Hoosiers
November 8th 7:00 p.m.
The Caine Mutiny
Free and open to the public - Popcorn served. Musical entertainment 6:30 p.m. - 7:00 p.m.

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. One 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 October 8th from 1:00 p.m.- 2:00 p.m. at the Community Center. Bring a photo id, a copy of your current tax bill, and copy of trust (if applicable). For further information please call 508-748-3570.

Nutritional Assistance

Commodity Supplemental Food Program, hosted by the Greater Boston Food Bank, is a U.S. Dept. of Agriculture effort designed to meet the unique nutritional needs of low-income seniors at risk of hunger. One 30lb. box of shelf stable food can be delivered to your home each month simply by reaching out to the COA office and applying, income guidelines apply. Call 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.

Zeiterion Tickets

Tickets for the 2019-2020 season at the Zeiterion Theatre are now on sale, and once again they are offering a discount to area seniors for many of the shows. Stop by the reception desk of the COA to see a listing of upcoming shows.

Logo Design Contest

Unleash your creative skills! Help us create a memorable logo for the Marion Council on Aging. Deadline for entries is November 1st. Submissions can be dropped off at the Community Center or mailed to

Marion COA
465 Mill Street
Marion, MA 02738



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sodium (mg): Na*	2 Sodium (mg): Na*	3 Sodium (mg): Na*	4 Sodium (mg): Na*
	Mac n' Cheese 403	Calif. Chicken Salad 337	Hot Dog *550	Fish Sandwich 337
	Tomato Florentine 121	Potato Salad 62	Mustard & Relish 55	Tartar Sauce 267
	Asparagus	Coleslaw 81	Baked Beans 36	Roasted Potatoes 33
	Fruit Loaf 170	Sub Roll 162	Broccoli Florets 12	Garlic Green Beans 3
	Mandarin Oranges 6	Mixed Fruit 10	WW Hot Dog Roll 210	WW Hamburger Bun 230
			Banana 1	Pineapple 1
	Total Sodium: 700	Total Sodium: 652	Total Sodium: 865	Total Sodium: 865
	Calories: 720 Carbs: 99	Calories: 431 Carbs: 66	Calories: 639 Carbs: 81	Calories: 722 Carbs: 88
7 A	8 A	9 A	10 A	11 A
Honey Mustard Chicken 481	Beef Picadillo 251	Oyster Crackers 133	Swedish Meatballs 376	Turkey A La King 215
Parsley Mash. Potatoes 62	White Rice 36	Autumn Harvest Soup 233	Egg Noodles 35	Whip. Sweet Potatoes 33
Italian Blend 26	California Blend 27	Roast Pork w/ 71	Malibu Blend 59	Brussel Sprouts 12
Multigrain Bread 190	Scali Bread 190	Rosemary Gravy 124	WW Roll 160	Honey Wheat Bread 135
Peaches 5	Fresh Apple 2	Red Bliss Potatoes 4	Brownie w/ Cherries 165	Applesauce 14
		Oatmeal Roll 121	Diet: Lorna Doone's 100	
		Pineapple 1		
Total Sodium: 764	Total Sodium: 506	Total Sodium: 688	Total Sodium: 786	Total Sodium: 408
Calories: 518 Carbs: 77	Calories: 414 Carbs: 62	Calories: 576 Carbs: 73	Calories: 701 Carbs: 87	Calories: 468 Carbs: 66
14 B	15 B	16 B	17 B	18 B
	Beef & Broccoli 108	Tossed Salad w/ Dressing 124	Grilled Chicken Parm. 426	"Catch of the Day" 150
	Asian Rice 92	Beef Chili w/ Lentils 176	Penne Pasta 1	Lemon Dill Sauce 111
	Oatmeal Roll 121	Mashed Potatoes 62	Peas & Carrots 80	Red Bliss Potatoes 33
	Mixed Fruit 10	WW Roll 125	Multigrain Bread 190	Spring/Summer Blend 57
	Yogurt Cup 51	Banana 4	Mandarin Oranges 7	Rye Bread 300
			Peaches 5	
Total Sodium: 764	Total Sodium: 382	Total Sodium: 491	Total Sodium: 703	Total Sodium: 656
Calories: 648 Carbs: 73	Calories: 546 Carbs: 83	Calories: 475 Carbs: 71	Calories: 578 Carbs: 96	
21 A	22 A	23 A	24 A	25 A
BBQ Pork Rib 280	Saltine Crackers 56	Spanish Omelet 382	Roast Turkey w/ Gravy 430	American Chop Suey 211
Baked Beans 36	Bok Choy Soup 75	Sausage Patty 217	Cranberry Sauce (2) 16	Green & Wax Beans 3
Carrots & Cabbage 47	Honey Ginger Chicken 393	Hash Browns 20	Cheesy Mash. Potatoes 90	Garlic Roll 190
WW Hamburger Roll 230	Vegetable Lo Mein 28	Mixed Vegetables 41	Winter Squash 13	Mandarin Oranges 7
Cinnamon Apples 4	WW Bread 160	Oatmeal Bread 121	Marble Rye Bread 127	
	Banana 1	Pineapple 1	Cherrie Crisp 6	
			Diet: Graham Wafers 85	
Total Sodium: 597	Total Sodium: 713	Total Sodium: 898	Total Sodium: 682	Total Sodium: 411
Calories: 442 Carbs: 66	Calories: 588 Carbs: 91	Calories: 587 Carbs: 73	Calories: 695 Carbs: 130	Calories: 414 Carbs: 60
28 B	29 B	30 B	31 B	
Sausage w/ Peppers & Onions *520	Tossed Salad w/ Dressing 124	Meatloaf w/ 240	Spaghetti & Meatballs w/ 237	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium
Pasta Alfredo w/ Portabella Mushrooms 116	Crab-Less Chicken Pot Pie 273	Pearl Onions & Gravy 110	Tomato & Mushroom Sauce 55	
Sub Roll 162	Mashed Potatoes 62	Roasted Potatoes 33	Malibu Blend 59	
Peaches 5	Biscuit 115	Scandinavian Blend 42	Multigrain Bread 190	
	Mixed Fruit 10	Oatmeal Bread 121	Fresh Orange 0	
		Mini Carrot Cake 209		
		Diet: Low Sugar Cake 210		
Total Sodium: 803	Total Sodium: 584	Total Sodium: 754	Total Sodium: 540	
Calories: 496 Carbs: 69	Calories: 558 Carbs: 74	Calories: 558 Carbs: 86	Calories: 560 Carbs: 78	

* 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 Thursday

We are delighted to resume our offering of soup on Thursdays throughout the winter. Reservations are required 48 hours in advance (Tuesday). Our first soup will be a Stone Soup. Stone Soup is a European folk story in which hungry soldiers convince the people of a town to each share a small amount of their food in order to make a meal that everyone enjoys, and exists as a moral regarding the value of sharing. If you would like to contribute to the Stone Soup offering drop your ingredient off at the Community Center on Monday, October 7th by 3:00p.m.

Any questions, please call 508-748-3570.

October 10th - Stone Soup

October 17th - Chicken Pot Pie Soup

October 24th - Stuffed Pepper Soup

October 31st - Clam Chowder

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

Apple Pie Tasting Contest & Sale



Saturday, October 19th

We invite you to bake your favorite Apple Pie and enter the Apple Pie Contest. To enter, bake two pies. One will be submitted for judging, the other will be available for purchase. Pies must be dropped off between 10:30 a.m. and 11:30 a.m. at the Community Center. Judging will take place at Noon. Proceeds from sale of pies will go to the FMCOA. Not a baker? Then just stop in and buy a whole pie or just enjoy a slice. Pies will be on sale from Noon - 2:00 p.m.

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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