

SIPPICAN SOUNDINGS

News from the Marion Council on Aging
September 2019

Special Events

Meditation

Tuesday, September 3rd 10:30 a.m.
Beginning on Tuesday, September 3rd and continuing on Tuesdays thereafter. Meditation is a natural and effective way of quieting the mind. It can lower blood pressure and reduce everyday stress. With practice students report more peace and ease in their lives. All beginners to well established students of meditation are welcome. Susan Pisapia has been a teacher of meditation for 25 years, and is trained in Mindfulness Based Stress Reduction, Induction and various forms of meditation including Zen and Centering Prayer.



Veteran's Ice Cream Social
Saturday, September 7th 1:00 p.m.
We invite all area Veterans/Active Duty Servicemen & a guest to join us. A representative from the Providence VA will be available to discuss Federal benefits. Also, a representative from CapTel Captioned Telephone will be on hand, who is able to provide free telephones to those with hearing loss. Barry Denham and Jo-Ann O'Malley from the Tri-Town Veteran's Services Office will also be present. RSVP 508-748-3570.



End of Summer BBQ
Monday, September 9th 11:30 a.m.
Join Coastline Elderly Services to celebrate the end of the summer with a New England Cookout. On the menu: Cheeseburgers, Hot Dogs, Potato Salad, Cole Slaw, Watermelon & Lemonade. Call 508-748-3570 to reserve your spot by Tuesday, September 3rd.

Line Dancing

Monday, September 9th 2:00 p.m.
Beginning on Monday, September 9th and continuing on Mondays thereafter. Line dancing is one of the most popular dances out there - you can do it anywhere, and you do not need a partner! Come join instructor Nancy Cabral on the dance floor and have some fun. Cost of the class is \$3.00, payable at time of the class.

Identity Theft & Scams
Monday, September 16th 12:30 p.m.
A representative from the Plymouth County Sheriff's Department will be on hand to discuss the dangers of identity theft and financial scams. Suggestions on how to protect yourself from both will be presented along with time after to address your questions and concerns.

Attic Treasures with

Frank McNamee
Monday, September 23rd 12:30 p.m.
Frank McNamee of Marion Antique Shop will be discussing rare antiques he has found in homes. Over the past 40 years this family business has grown into one of the most respected antiques and appraisal businesses in New England. Frank encourages you to bring an item with you to this presentation for an appraisal.

A catered lunch of Smoky Chicken Corn Chowder will be served at 11:30 a.m. Reservations are required for the lunch. Call 508-748-3570.

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



Driving Tips with AAA
Monday, September 30th 12:30 p.m.
Benefit from learning some driving tips from the representatives of AAA Auto Club. Also, learn other helpful tips. Lots of information, handouts and brochures will be given out.

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kgregory@marionma.gov
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Linda's hours are Mon., Wed.,
& Fri. 9:00 a.m. - 3:00 p.m.
Paul Garib, Van Driver
Norman Johnson, Van Driver
John Vaughn, Van Driver
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. Michael Skonieczny, D.P.M.
provides podiatry services at the
Community Center. Please call
508-748-3570 to schedule 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 - September 12th & 26th
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
engaging 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:
Children's Show
August 14th - September 2nd
Canal Side Artists
September 4th - October 30th
Opening reception September 5th 5-7pm
Art for All Ages
November 1st - December 2nd
Opening reception November 7th 5-7pm
**Anything Goes- Whimsy, Abstract, Fun
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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
July is **Dianne Cosman**. Thank you to
Marjorie Procopio of Tritown
Massage for donating the prize of a
Deep Tissue Massage.

Marion Community Fund

The Marion Community Fund
invites elderly, low income
Marion residents to apply for tax
relief. Applications are available.
The deadline is early October. Call
the COA at 508-748-3570 for
more information.

September 2019 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Closed in Observance of Labor Day 	3 9:00 a.m. Strength & Conditioning, free 10:00 a.m. SLT Hike 10:30 a.m. Meditation 11:30 a.m. Lunch	4 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	5 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. - 7:00 p.m. Art Opening Reception	6 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
9 10:15 a.m. Yoga, free 11:30 a.m. Lunch - End of Summer BBQ Reservations req. 2:00 p.m. - 3:00 p.m. Line Dancing, \$3	10 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	11 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	12 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	13 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
16 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Identity Theft and Scams 2:00 p.m. - 3:00 p.m. Line Dancing, \$3	17 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 11:30 a.m. Lunch	18 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	19 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	20 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
23 10:15 a.m. Yoga, free 11:30 a.m. Catered Lunch, Reservations req. 12:30 p.m. Lecture: Attic Treasures with Frank McNamee 2:00 p.m. - 3:00 p.m. Line Dancing, \$3	24 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	25 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	26 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	27 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
30 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: AAA driving tips 2:00 p.m. - 3:00 p.m. Line Dancing, \$3	Yoga These classes have been funded by a grant from the Massachusetts Executive Office of Elder Affairs.	Tuesday Strength & Conditioning This class is being funded through a donation made in the memory of Lynne Rhoads.	Duplicate Bridge Duplicate bridge for the intermediate player. Call MJ at 508-748-6688 to register to play.	Friday Strength & Conditioning These classes have been funded by a grant from the Massachusetts Executive Office of Elder Affairs.

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Day Trips

Lunch at Isaac's Restaurant on the Waterfront
Thursday, September 12th 11:00 a.m.

Located on the historic Plymouth waterfront with spectacular views of Plymouth Harbor, the Mayflower and a stones throw from Plymouth Rock. You will be surrounded by huge glass windows, brass, mirrors and a friendly staff. After lunch enjoy some time on your own to explore the waterfront. Sign ups begin on August 29th. Call 508-748-3570.

Eustis Estate Museum - Milton, MA
Thursday, September 26th 9:30 a.m.

Learn about the elaborate architecture and interior design of this marvel of the aesthetic movement while enjoying the picturesque landscape at the base of the Blue Hills. While there you will get to take in two exhibits: "The Discarded" by Morris Norvin and "Written in Light: Photographs from the Milton Historical Society". After you enjoy a guided tour of the mansion, exhibits and the grounds, it is off to lunch at Blue Hills Grille in Canton. Cost of the trip is \$17.00 admission to the museum and you will be responsible for the cost of your lunch. Sign ups for this trip begin on September 12th. Call 508-748-3570.



Transportation Alert

The Wareham shopping will resume on Fridays starting with Friday, September 6th.

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. Sept. 3rd Peirson Woods, Point Rd 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.

Window Box Winner



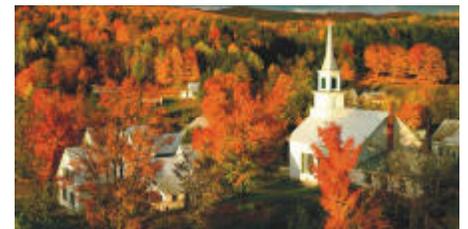
The votes are in and we have a tie. The winners for this year's window box challenge is the team of Janet & Robin MacDonald and Debbie Bush. Thank you to all who took part in helping to make the Center beautiful and inviting.



Vermont Foliage Trip

Southern Vermont Foliage Trip
Wednesday, October 9th

Take pleasure in this never to be forgotten scenic ride through Vermont. Enjoy a delicious ham and turkey luncheon at the Snow Lake Lodge located in Mount Snow Valley. Afterwards, you will tour the valley, stopping at country stores, Hogback Mountain Gift Shop and other points of interest. This is a great chance to see Vermont at its best. Don't miss out! Trip includes: Vermont Feast Luncheon at Snow Lake Lodge-feast includes garden salad, roast turkey, honey glazed ham, mashed potatoes, country style stuffing, chef's choice of vegetable and Vermont apple pie, driver gratuity and deluxe motorcoach transportation. Cost of the trip is \$90.00 and is due by September 3rd. Checks should be made payable to Friends of Marion COA. Departure from the Benjamin D. Cushing Community Center is at 8:30 a.m. with an approximate return time of 8:00 p.m. Call 508-748-3570 to make your reservation.



Classic Movie Series

The Sippican Historical Society and Marion COA are delighted to present the monthly Classic Film Series at the Music Hall September 13th 7:00 p.m.
Witness
Movies are free and open to the public - Popcorn served.



Monday		Tuesday		Wednesday		Thursday		Friday	
Sodium (mg): Na*		Sodium (mg): Na*		Sodium (mg): Na*		Sodium (mg): Na*		Sodium (mg): Na*	
No Meals Served		American Chop Suey 211		Chicken La'Orange 391		Tossed Salad 124		"Catch of the Day" 60	
HAPPY		Broccoli 12		Scalloped Potatoes 185		Shredded Cheese 187		Haddock w/ 111	
LABOR		Snowflake Roll 160		Brussels Sprouts 12		Veggie Chili 215		Lemon Dill Sauce 62	
DAY		Peaches 5		Multigrain Bread 190		White/Brown Rice 36		Mashed Potatoes 59	
		Yogurt Cup 51		Applesauce 14		Oatmeal Roll 121		Malibu Blend 160	
						Pineapple 1		WW Bread 12	
		Total Sodium: 439		Total Sodium: 792		Total Sodium: 684		Total Sodium: 465	
		Calories: 544 Carbs: 80		Calories: 457 Carbs: 62		Calories: 628 Carbs: 91		Calories: 418 Carbs: 66	
9		10		11		12		13	
Mac & Cheese 403		Kale Soup 173		Greek Meatballs 190		Roast Turkey w/ Gravy 430		Hot Dog *550	
Italian Green Beans 102		Portuguese Chicken 420		Orzo 427		Cranberry Sauce (2) 16		Mustard 55	
Tomatoes Florentine 121		Roasted Potatoes 33		Country Vegetables 32		Mashed Potato 62		Relish 81	
Fruit Loaf 102		Cali. Veg. Blend 27		WW Roll 160		Winter Squash 13		Baked Beans 36	
Fresh Orange 0		Dinner Roll 160		Mandarin Oranges 6		Multigrain Bread 190		Cabbage & Carrots 47	
		Baked Cinn. Apples 4				Brownie 132		HD Roll 210	
						Diet: Graham Wafer 85		Pears 4	
Total Sodium: 629		Total Sodium: 817		Total Sodium: 816		Total Sodium: 843		Total Sodium: 983	
Calories: 654 Carbs: 84		Calories: 531 Carbs: 69		Calories: 579 Carbs: 78		Calories: 758 Carbs: 123		Calories: 600 Carbs: 73	
16		17		18		19		20	
Shepherd's Pie 283		Fiesta Omelet 351		Honey Mustard Chicken 481		BBQ Pulled Pork 484		Potato Pollock 150	
Carrot Coins 77		Sausage Patty 217		Parsley Mash. Potatoes 63		Whipped Sweet Potatoes 33		Tartar Sauce 261	
Oatmeal Roll 121		Potato Wedges 27		Broccoli/Cauliflower 15		Coleslaw 81		Au Gratin Potatoes 154	
Peaches 5		Chickpea Blend 52		WW Bread 160		WW HB Roll 230		Green Beans 3	
		Fruit Loaf 102		Applesauce 14		Chocolate Pudding 191		Dinner Roll 160	
		Pineapple 1				Diet: Low-Sugar Pudding 110		Mandarin Oranges 6	
Total Sodium: 485		Total Sodium: 750		Total Sodium: 732		Total Sodium: 1018		Total Sodium: 734	
Calories: 589 Carbs: 85		Calories: 661 Carbs: 69		Calories: 478 Carbs: 68		Calories: 574 Carbs: 81		Calories: 591 Carbs: 74	
23		24		25		26		27	
Steak & Cheese *595		Autumn Harvest Soup 233		Roast Pork w/ 71		Meatloaf 131		Cajun Chicken 436	
Mustard 55		Stuffed Shells 390		Rosemary Gravy 124		Onion Gravy 110		Dirty Rice 137	
Roasted Potatoes 33		Tomato Basil Sauce 55		Garlic Mash. Potato 62		Red Bliss Potatoes 4		Lentil Salad 47	
Mixed Vegetables 41		Spring Vegetables 57		Genoa Blend 40		Tahitian Blend 38		Potato Bread 120	
Sub Roll 230		Multigrain Roll 190		WW Bread 160		Oatmeal Bread 121		Mandarin Oranges 6	
Pineapple 1		Pears 4		Mini Tiramisu 209		Baked Cinn. Apples 4			
				Diet: Low Sugar Cake 85					
Total Sodium: 888		Total Sodium: 929		Total Sodium: 565		Total Sodium: 408		Total Sodium: 746	
Calories: 587 Carbs: 70		Calories: 485 Carbs: 83		Calories: 635 Carbs: 78		Calories: 458 Carbs: 58		Calories: 502 Carbs: 80	
30		<p>Come Join Us On Tuesdays for our Ethnic Meal Series!</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>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>	
Turkey Stew *566									
Mashed Potatoes 48									
WW Roll 160									
Applesauce 14									
Total Sodium: 788									
Calories: 283 Carbs: 37									

* Indicates a food with more than 500 mg sodium.
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An Evening on Sippican Harbor

A joint effort led by the Friends of Marion Council on Aging in conjunction with the Council on Aging & Recreation Department. A most sincere thank you to all who planned, participated, attended and donated for the fundraising event on Sippican Harbor.



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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