

# SIPPICAN SOUNDINGS

News from the Marion Council on Aging

August 2018

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.

## Special Events

### Nutritional Facts & The Food Label Makeover

August 6th, 12:30 p.m.

Community Nurse Home Care presents Nutritional Facts & The Food Label Makeover. Food labels are going to look a lot different. Join us to discuss these changes and how they can help you make healthier decisions. Presentation will be made by Barbara Canuel, RD. Please RSVP by calling 508-717-0714.

### Musical Performance by

Laura James

August 20th, 12:30 p.m.

Laura James brings back the memories of the 30's through the 80's. As a child growing up in Plymouth, Laura loved to listen to music such as The Supremes, The Drifters, Etta James, Billie Holiday and The Platters. Eventually she would go on to perform with Herb Reed and The Platters. Her big breakthrough came in the early 90's while singing in the dining room at Raphael's in Quincy. A member of Herb Reed's road crew was captivated by her voice. She was asked if she would be interested in singing with Herb Reed on his upcoming tour. She has been able to share the stage with Mary Wilson of The Supremes,

Dion and The Belmonts, The Drifters, Paul Revere and The Raiders, and Peggy Lee to name a few.

Come relax and enjoy the nostalgic music of the Laura James Show. The Summer Concert Series has been funded, in part, by a grant from the Marion Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.

## Day Trips

Trip to Linden Place, Bristol RI  
August 14th, 9:30 a.m.

Enjoy the beauty of Linden Place with a guided tour that will highlight the tales of the DeWolf family exploits, from their privateering and slave trading to financial ruin, and triumphant return to prosperity during Victorian times. At the tour's end, visitors are welcome to stroll the sculpture-filled gardens where you will find Greek bronzes and an 18th Century gazebo. Also explore the recently opened Bristol Art Museum in the 19th Century barn. Enjoy a boxed lunch after the tour in the tented courtyard. Cost of the trip is

\$23.00 (due at sign up) and includes admission to the museum, guided tour and lunch. Sign ups for the trip begin on Monday, July 30th, please call 508-748-3570 as early as possible for planning purposes.

Trip to Westport Rivers Winery  
August 23rd, 1:00 p.m.

Visit the home of the fourth generation of a family of winegrowers known for their gloriously aromatic, deliciously crisp wine. As part of our visit we will be given a tour and tasting. Cost of the trip is \$15.00 (due at sign up) and covers the expense of the tour and wine tasting. Call 508-748-3570 to sign up for this trip. Sign ups begin August 9th.

## New Activity

### Badminton

August 8th, 10:00 a.m.

Get introduced to badminton by T.K. Roy. He will explain the rules and regulations and provide instruction and demos. Please call 508-748-3570 to register for this event.



# GATEWAY ADULT CENTER

Providing Adult Day  
Health Services  
Since 1986

- ~ Assisting seniors & disabled adults with the opportunity to remain in their home and to be active in their community.
- ~ Providing families & caregivers with respite services and peace of mind.

For additional information or to  
Schedule a Tour Call (508) 291-3232



2621 Cranberry Hwy, Ste. 3 • Wareham, MA [www.gatewayadh.com](http://www.gatewayadh.com)

UPGRADE TO A

# VIBRANT *ad*

Contact us for details • 800-477-4574

PROTECTING SENIORS NATIONWIDE  
MEDICAL ALERT SYSTEM



**\$29.95/MO**  
BILLED QUARTERLY

PLUS  
SPECIAL  
OFFER

CALL NOW! 1.877.801.5055  
[WWW.24-7MED.COM](http://WWW.24-7MED.COM)

THIS SPACE IS  
**AVAILABLE**

LET US  
PLACE  
YOUR AD  
HERE.

➤ Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

Karen Fontaine to place an ad today!  
[kfontaine@lpiseniors.com](mailto:kfontaine@lpiseniors.com) or (800) 477-4574 x6350

# our SENIOR CENTER

A convenient source for local services

FIND AN ADVERTISER NEAR YOU

SEARCH SUPPORTERS  
OF OUR CENTER  
to find trusted services  
in our area!

Sign up to have our newsletter emailed to you! [ourseniorcenter.com](http://ourseniorcenter.com)



Council on Aging Board:

Harry Norweb, Chair  
Constance Pierce, Secretary  
Andrew Santos, Treasurer  
Caroline Bolick  
Dianne Cosman  
Kathy Feeney  
Margaret Gee  
Joseph Napoli  
George Pina  
Michele Richardson  
Affiliate Board Members:  
Joan Asker  
Andrea Keene  
Frank McNamee

Council on Aging Staff:

Karen Gregory, Director  
kgregory@marionma.gov  
Linda Aguiar, Outreach  
Coordinator  
laguiar@marionma.gov  
Mike Poznysz, Transportation  
Coordinator  
Paul Garib, Van Driver  
Norman Johnson, Van Driver  
Barbara Days, Nutrition Site  
Manager  
Jackie Pittard, Nutrition  
Assistant

COA Office Hours:

Monday - Friday  
9:00 a.m. - 3:00 p.m.  
465 Mill Street  
Marion, MA 02738  
508-748-3570

## Fitness

**Dance Fit**  
Mondays, 9:00 a.m. -10:00 a.m.  
Cost: \$5.00  
Instructor: Ellie Higgins

**Yoga**  
Mondays, 10:15 a.m.-11:15 a.m.  
Free  
Instructor: Pamela Smith Paquette  
This class has been funded by a grant from the Massachusetts Executive Office of Elder Affairs.

**YMCA Group Fitness**  
Wednesdays & Fridays,  
10:30 a.m. - 11:30 a.m.  
Cost: \$35.00/10 weeks  
Free for YMCA members  
Instructor: Janet Memoli

**Tai Chi**  
Thursdays, 9:00 a.m.-10:00 a.m.  
Cost: \$10.00  
Instructor: Kyle Marston

**Zumba**  
Thursdays, 10:15 a.m.-11:15 a.m.  
Cost: \$5.00  
Instructor: Pati Cautillo

**Strength & Conditioning**  
Fridays, 12:30 p.m. - 1:30 p.m.  
Free  
Instructor: Larry Bigos  
This class has been funded by a grant from the Massachusetts Executive Office of Elder Affairs.

## Wellness

**Public Health Nurse**  
Wednesdays, 10:30 a.m. -  
12:30 p.m.  
Health consultations and  
education, blood pressure  
monitoring and routine  
adult vaccinations.  
There will be no clinic on  
August 15th.

## PODIATRY CLINIC

August 6th

Dr. Harry Shoemaker, D.P.M. provides podiatry services at the Community Center. Please call 508-748-3570 to schedule your appointment.

## Outreach

The COA provides outreach services to members of the community at home or onsite to help with support services, case management, friendly visiting, applications, referrals and advocacy.

**Farmers' Market Coupons:** Farmers' Market Coupons are available at the Marion COA for older adults residing in Marion. These coupons can be used to purchase fresh, locally grown fruits and vegetables sold by local farmers. Income eligibility guidelines apply. Please call Linda Aguiar at 508-748-3570 to determine eligibility.

**Marion Community Fund:** The Marion Community Fund invites elderly, low-income Marion residents to apply for tax relief. Applications are being revised and will be available soon. The deadline is early October. We will post any information as soon as we get it. Feel free to call the COA at 508-748-3570 for more information.

**Friendly Visitor Program:** This program is available to elders who are generally homebound and may enjoy a social visit from a friendly volunteer for an hour each week. A visit can relieve the isolation and loneliness experienced by our seniors. This interaction between members of the senior community can be enjoyable, therapeutic and can help to fulfill our goal of enabling our seniors to remain safely in their homes for as long as possible. If you are interested in volunteering or being a recipient of this program, contact Linda Aguiar at 508-748-3570.

## August 2018 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 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	2 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 Group 2:00 p.m.- 4:00 p.m. Art Opening Reception	3 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
6 9:00 a.m. Dance Fit, \$5 10:15 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Lecture: Nutritional Facts & the Food Label Makeover	7 10:00 a.m.—11:00 a.m. Sarah Brown - Pastel Demo 11:30 a.m. Lunch	8 10:00 a.m. Badminton Registration req. 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 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch	10 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
13 9:00 a.m. Dance Fit, \$5 10:15 a.m. Yoga 11:30 a.m. Lunch	14 11:30 a.m. Lunch 9:00 a.m.—11:00 a.m. Basket Weaving Registration req.	15 10:30 a.m. Group Fitness \$35/10 weeks 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café <b>*No Nurse Consultations today</b>	16 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 Group	17 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
20 9:00 a.m. Dance Fit, \$5 10:15 a.m. Yoga 11:30 a.m. Catered Lunch. Sign ups required 508-748-3570 12:30 p.m. Laura James Concert	21 9:30 a.m. Legal Consultations, appointments required 11:30 a.m. Lunch	22 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	23 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba,\$5 11:30 a.m. Lunch	24 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
27 9:00 a.m. Dance Fit, \$5 10:15 a.m. Yoga 11:30 a.m. Lunch	28 11:30 a.m. Lunch 9:00 a.m.—11:00 a.m. Basket Weaving Registration req.	29 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	30 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 Group	31 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

**HELP PROTECT YOUR FAMILY & HOME**  
CALL NOW! 1-888-862-6429




**WE'RE HIRING AD SALES EXECUTIVES**




- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: [careers@4LPi.com](mailto:careers@4LPi.com)  
[www.4LPi.com/careers](http://www.4LPi.com/careers)

## Services

### South Coastal Counties Legal Services

August 21st

The Seniors Law Project of South Coastal Legal Services, Inc., is funded in part by Coastline to provide free legal assistance to seniors in Marion. While there is no income criteria, the SLP directs its efforts to those seniors with the greatest economic and social need. They primarily provide assistance in matters that fall within the priority areas which have been identified in conjunction with Coastline: social security benefits, subsidized housing matters, public benefits cases such as food stamps, Medicaid, Estate planning, physical and financial abuse, and nursing home related problems. Call 508-748-3570 for an appointment.

### Medical Equipment Loan Closet

For those in need of medical equipment such as shower chairs, walkers, canes, commodes, elevated toilet seats and wheelchairs, the COA will provide the item on loan for as long as needed. Call 508-748-3570 to inquire about what we have in stock.

### File of Life

Stop by the COA to pick up a File of Life card which contains emergency contacts, medications, health issues etc. and enables medics to obtain a quick history of you during an emergency.

## Caregivers

### Memory Loss Support Group Thursdays

August 2nd, 16th & 30th  
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 individuals caring for someone with memory loss. Please call 508-748-3570 to register.

### Waterfront Memory Café Wednesdays

11:30 a.m.-2:00 p.m.

Weekly programming for individuals with Alzheimer's or other memory loss, with their care partner, family or friends, in a safe, supportive and engaging environment.

## Programs

### Basket Weaving

Tuesdays

August 14th & 28th

9:00 a.m. - 11:00 a.m.

\$25.00 includes instruction and materials. Pre-registration is required, call 508-748-3570.

### Duplicate Bridge

The Thursday afternoon duplicate bridge group will not be held for the summer months. We welcome their return in September.

### Mahjong

Fridays

10:30 a.m. - 12:30 p.m.

All levels are encouraged to attend, beginners welcome- instruction provided.

## Scan System

### My Senior Center Scan System

Anytime you scan in you will be entered into a monthly raffle. You will be eligible if you have scanned in once or multiple times. A winner will be drawn at random at the end of each month. By checking in, you are helping to provide accurate participation data to the town of Marion and the Massachusetts Executive Office of Elder Affairs. The winner for the month of June is Jeanne Lake.

## Art Gallery

The Marion Council on Aging Art Gallery is pleased to announce their upcoming shows.

August 1st - September 4th

Sarah Brown Exhibit

Opening reception:

August 2nd, 2:00 p.m. - 4:00 p.m.

September 4th - November 1st

Art Exhibit for all ages

Opening reception:

September 7th, 2:00p.m. - 4:00p.m.

November 1st - January 3rd

Wonders of Winter Exhibit

Opening reception:

November 9th, 2:00p.m. - 4:00p.m.

Call 508-748-3570 for more information or to display.

## Annual Chicken BBQ

The Marion Social Club invites Marion seniors, and one guest, to join them on Sunday, August 19th, 12:00 p.m. for the Annual Chicken BBQ. Tickets are 50 cents each, and are available at the COA, on a first-come first-served basis. Tickets must be purchased by Friday, August 10th.



		Wednesday		Thursday		Friday	
		1	Sodium (mg): Na*	2	Sodium (mg): Na*	3	Sodium (mg): Na*
<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>		German Beef Stew w/ Vegetables 240	Chicken Bruschetta 394	Haddock 250	1 w/ Lemon Dill Sauce 111
		Mashed Potato 62	Italian Pasta 26	Parsley Mash. Potato 63	Peas & Mushrooms 133		
		Oatmeal Roll 121	Roman Veg. Blend 160	Marble Rye Bread 127	Mixed Fruit 10		
		Lemon Pudding 200	Fresh Apple Diet: Low-Sugar Pudding 110				
		Total Sodium: 623 Calories: 682 Carbs: 91	Total Sodium: 583 Calories: 481 Carbs: 70	Total Sodium: 694 Calories: 482 Carbs: 76			
6	7	8	9	10			
Meatballs w/ Tomato Sauce 245	Sweet & Sour Pork Asian Rice 75	Macaroni & Cheese Tomato Florentine 121	Roast Turkey w/ Gravy Cranberry Sauce (2) 16	Chicken Stew w/ Vegetables 273			
Potato Wedges 27	Oriental Blend 26	Asparagus 6	Mashed Potato 62	Garlic Mash. Potato 62			
Green Beans 3	Multigrain Bread 190	Fruit Loaf 190	Winter Squash 0	Snowflake Roll 160			
Sub Roll 162	Pineapple 6	Fresh Orange 1	WW Bread 0	Cinnamon Apples 4			
Mandarin Oranges 6			Fig Bars 65				
			Diet: Graham Wafers 85				
Total Sodium: 444 Calories: 509 Carbs: 65	Total Sodium: 384 Calories: 517 Carbs: 65	Total Sodium: 720 Calories: 702 Carbs: 91	Total Sodium: 477 Calories: 701 Carbs: 118	Total Sodium: 500 Calories: 527 Carbs: 70			
13	14	15	16	17			
Cheeseburger 387	Tossed Salad 361	Beef & Bean Chili White/Brown Rice 176	Western Omelet Hash Browns 351	Salmon w/ Herb Sauce 67			
Ketchup 82	Chicken Parmesan 361	Summer Veg. Blend 57	Green Beans 3	Red Bliss Potatoes 4			
Mustard 55	Penne Pasta w/ Sauce 91	Multigrain Roll 190	Fruit Loaf 190	Peas 82			
Potato Wedges 27	Broccoli Florets 12	Brownie 132	Mandarin Oranges 6	WW Bread 160			
California Vegetables 27	Oatmeal Roll 121	Diet: Lorna Doone's 5		Pineapple 1			
WW HB Roll 230	Peaches 4						
Pears 4							
Total Sodium: 812 Calories: 665 Carbs: 65	Total Sodium: 777 Calories: 547 Carbs: 63	Total Sodium: 591 Calories: 634 Carbs: 86	Total Sodium: 687 Calories: 581 Carbs: 75	Total Sodium: 391 Calories: 482 Carbs: 72			
20	21	22	23	24			
Sausage w/ Peppers and Onions *520	Kale Soup 173	Seafood Casserole White/Brown Rice *569	Roast Pork w/ Apple Gravy 182	Turkey Tetrazzini w/ Noodles 443			
Pasta Alfredo 150	Portuguese Chicken 420	Summer Veg. Blend 57	Garlic Mash. Potato 62	Tahitian Vegetables 38			
w/ Baby Bellas 12	Roasted Potatoes 33	Oatmeal Bread 121	Mixed Vegetables 41	Dinner Roll 160			
Sub Roll 162	Multigrain Roll 190	Pears 1	WW Bread 160	Cinnamon Apples 4			
Applesauce 14	Banana 1		Almond Cookie 290				
			Diet: Graham Wafers 85				
Total Sodium: 859 Calories: 544 Carbs: 72	Total Sodium: 817 Calories: 579 Carbs: 83	Total Sodium: 787 Calories: 427 Carbs: 54	Total Sodium: 734 Calories: 771 Carbs: 91	Total Sodium: 645 Calories: 496 Carbs: 58			
27	28	29	30	31			
Lasagna Roll-Up 370	Chicken Coq au Vin 387	Meatloaf 131	Honey Ginger Chicken 393	Hot Dog *550			
Tomato Basil Sauce 55	O'Brien Potatoes 117	Onion Gravy 110	Asian Rice 92	Mustard 55			
Roman Veg. Blend 26	Glazed Carrots 83	Cheesy Mash. Potato 90	Oriental Blend 26	Relish 81			
WW Roll 160	Oatmeal Bread 121	California Vegetables 27	WW Bread 160	Baked Beans 36			
Mixed Fruit 10	Mandarin Oranges 6	Multigrain Roll 190	Peaches 5	Cabbage and Carrots 47			
Yogurt Cup 50		Mini Tiramisu 209		HD Roll 210			
		Diet: Low-Sugar Cake 210		Applesauce 14			
Total Sodium: 671 Calories: 468 Carbs: 88	Total Sodium: 714 Calories: 429 Carbs: 62	Total Sodium: 756 Calories: 695 Carbs: 103	Total Sodium: 676 Calories: 455 Carbs: 63	Total Sodium: 993 Calories: 598 Carbs: 72			

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : \* Indicates a food with more than 500mg sodium

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

Your voluntary \$2 donation today, provides more meals tomorrow.

# SAUNDERS DWYER

Home For Funerals

*"Our Family Serving Your Family"*

508-758-2292

www.saundersdwyer.com



# Chapman Cole & Gleason

FUNERAL HOMES ESTABLISHED 1862

2599 Cranberry Highway (Route 28), Wareham, MA 02571  
**(508) 295-0060 • www.ccgfuneralhome.com**



Coastline Elderly Services, Inc.

## Need a hand?

Budgeting | Meal Delivery | Personal Care  
Fuel Assistance | Caregiver Assistance

Call us Today 508.999.6400

1646 Purchase St., New Bedford, MA 02740  
**www.coastlineelderly.org**  
www.800ageinfo.com • 1.800.243.4636

# SPREAD THE WORD

 A Thriving, Vibrant Community Matters

## SUPPORT OUR ADVERTISERS



# COMMUNITY NURSE HOME CARE

Visiting Nurse | Hospice | Private Care | Wellness

An award winning non-profit agency caring for southeastern Massachusetts since 1916

**508-992-6278 | www.communitynurse.com**



**508-748-1331**

Flexible and Affordable

*Home Care You can trust!*

www.tenderheartscare.com  
368 Front Street • Marion

## Marion Antique Shop

APPRAISALS - FRANK McNAMEE  
ON-SITE ESTATE SALES & AUCTIONS  
ANTIQUES & ESTATES PURCHASED

335 Wareham Rd. (Route 6) Marion

**748-3606**

www.marionantiques.com  
www.marionantiqueauctions.com



# WARRIOR FUELS



**CALL FOR LOW PRICES • 508-992-9524**

Home Heating Oil • On/Off Road Diesel  
Fuel Assistance • Motor Oil/Lubricants  
Automatic Delivery • Marine Diesel

**ACCEPTS ALL MAJOR CREDIT CARDS**

**WWW.WARRIORFUELSUSA.COM**



Sound Advice For Over 20 Years  
For the Local Community

565 Beausville Rd., Suite 5 | Rochester MA | Pleasant Corner Mall  
(774) 849-5201 | Beaulieu.Law@Gmail.com



The Premier Signs of Real Estate



NewEnglandMoves.com

## Jane Madden

Broker Associate

781-690-0317 | cell • jane.madden@nemoves.com

2016 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker(r) and the Coldwell Banker logo are registered service marks owned by Coldwell Banker Real Estate, LLC

**Coldwell Banker Residential Brokerage • 150 Front Street • Marion • 508-748-3044**

For a Free Pre-Approval Call your NE Moves Mortgage Loan Officer • James Emmet • 781-820-8148

## Top Producer for 2017

Sales Volume

Multi-Million Dollar Producer  
2005-2017

Coldwell Banker Residential  
Brokerage - Marion



## Steven H. Galavotti

Financial Advisor  
340 Front Street, Unit C  
PO Box 60  
Marion, MA 02738

Bus. 508-748-0908 • Fax 877-511-7699  
steve.galavotti@edwardjones.com

www.edwardjones.com

**Edward Jones**  
MAKING SENSE OF INVESTING

# Reach the Senior Market ADVERTISE HERE

CONTACT

**Karen Fontaine to place an ad today!**  
kfontaine@lpiseniors.com or (800) 477-4574 x6350

## EVA'S YARN SHOP



FEED YOUR  
KNITTING ADDICTION  
AT EVA'S YARN SHOP!

42 MAIN STREET | FAIRHAVEN, MA

**508-996-KNIT (5648)**

LIKE US ON FACEBOOK AT EVA'S YARN SHOP!

Tues: 10am-5pm • Wed: 10am-9pm  
Thurs & Fri: 10am-5pm • Sat: 10am-4pm  
Sun: 12pm-4pm

# Petersen Electric

## David Petersen

Master Electrician

www.PetersenElectric.com  
MARION

Cell: 774-573-1363

service@petersenelectric.com

Residential • Commercial

*LIGHT DONE RIGHT*





# HOBO RAILROAD TURKEY TRAIN

Presented by Conway Tours & Marion Council on Aging

Thursday, October 4, 2018

Catch a train, the HOBO Scenic Railroad! Enjoy a delicious turkey lunch, catered by Hart's Turkey Farm, on this historic railroad that will take you through natural woody settings along the Pemigewasset River. This is a beautiful ride at any time of the year. Cost of the trip is \$95.00 and includes: Deluxe motorcoach transportation, 2-hour train ride & turkey luncheon aboard the Hobo Scenic Railroad and driver gratuity.

Trip departs the Benjamin D. Cushing Community Center at 8:15 a.m. and returns at approximately 7:00 p.m.

Call the Marion Council on Aging to reserve your spot, 508-748-3570.  
Sign up and payment due by September 10th. Make checks payable to the Marion COA.

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.

PRRST STD  
US POSTAGE PAID  
ROCHESTER, MA  
PERMIT NO. 115

Marion Council on Aging  
465 Mill Street  
Marion, Ma. 02738