

SIPPICAN SOUNDINGS

News from the Marion Council on Aging
December 2019

Special Events

Medical Marijuana Explained
Monday, December 2nd 12:30 p.m.
Learn the science of cannabinoids, terpenes, the many forms of ingestion and its uses. Be informed on the Massachusetts Medical Marijuana Program and its benefits. Bring your questions regarding cannabis.

Pen & Ink Drawing Workshop
With Raquel McFarlane
Tuesday, December 3rd
12:30 p.m.-2:30 p.m.
Meet Raquel McFarlane, Fine Artist and creator of the Marion Village 2020 calendar. Join us as Raquel shows us how to create a pen & ink work of art. This workshop is appropriate for all levels of learners who want to be creative and have fun. Explore basic materials and techniques. Work from simple lines and scribbles to complex cross-hatching designs. This workshop is being offered at no cost, Raquel is graciously bringing all supplies needed. Sign up for this workshop by calling 508-748-3570. Registration is a must.



Joy Filled Holidays
Thursday, December 5th 12:30 p.m.
Holidays are clearly some of the roughest terrain we navigate after a loss. The ways we handle them are as individual as we are. What is vitally important is that we be present for the loss in whatever form the holidays do or do not take. These holidays are part of the journey of grief, but even here we can get to a better place. We can truly move from a "Season of Sorrow to a Season of Joy." Chaplain Ken Hart from Compassionate Care Hospice will be on hand to lead this inspirational talk. Handouts will be given that will help those who are grieving, navigate the holidays in a healthy and helpful way.

Lunchtime Cooking Demonstration
With Linda Medeiros
Monday, December 9th 11:30 a.m.
Learn how to prepare a quick and nutritious lunch and pick up some new tips on how to save money and time while preparing delicious meals. Bring you appetite! For planning purposes please sign up by December 5th. Call 508-748-3570. A \$5.00 donation is requested.

ABCs to a Healthy Holiday Feast
Tuesday, December 10th 2:00 p.m.
Katlynn Ferreira, Dietitian & Wellness Coordinator, from Coastline will be on hand to dispense tips for making mindful food choices this holiday season and give a healthy cooking demo and sampling of a dish that is easy to prepare for any upcoming events. Registration is a must 508-748-3570.

Cape Cod Ginger
Sparkling, Raw and Organic
Monday, December 16th 12:30 p.m.
Come welcome Dick Monroe from Cape Cod Ginger as he tells us how he got started making this unique sparkling beverage right next door in Wareham, MA. Try samples of this delicious, raw and organic beverage.



A Christmas Carol
Dramatic Reading by
Stephen Collins
Tuesday, December 17th 12:30 p.m.
Celebrate the Holiday Season with a dramatic reading of A Christmas Carol performed by Stephen Collins. After, continue the celebration with cocoa & cookies. Reservations are required.
Call 508-748-3570.

Thank you to the Friends of the Marion Council on Aging for their Continued support of our programming.



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DETAILS

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

Wellness

Meditation with Susan Pisapia

Tuesdays 10:30 a.m. - 11:30 a.m.

Meditation is a natural and effective way of quieting the mind and has been attributed to having many health benefits. Susan has been teaching meditation for 25 years. Come learn how to bring peace and ease into your life.

*This class is being
funded from a Title III grant through Coastline
Services.
Donations Welcome*

Public Health Nurse

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

Health consultations and education, blood pressure monitoring and routine adult vaccinations.

Podiatry Clinic

Dr. Erik Henriksen, D.P.M. provides podiatry services at the Community Center on January 17th. 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. Services provided: dental cleanings, screenings, oral health information and education, including denture adjustments and cleanings. To schedule your appointment for March 6th, call Holly Petruzzo, RDH, 774-766-7238.

Caregivers

Memory Loss Support Group

Thursdays - December 5th & 19th
1:00 p.m. - 2:30 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.

My Senior Center

When you scan in you will be entered into a monthly raffle. A winner will be drawn at random each month. By checking in, you are helping to provide accurate participation data to the town and the Massachusetts Executive Office of Elder Affairs. The winner for the month of October is Lydia DeSouza.

Art Gallery

UPCOMING SHOWS:

Anything Goes- Whimsy, Abstract, Fun & Fantastic

December 4th - January 2nd

Opening reception December 5th 5-7pm

Senior Show

January 6th - January 31st

The Artisans

Grainger Pottery, Dannie Engwert, Deborah Kuhlman-Hussey & Dave Peterson

February 3rd - February 28th

Opening reception February 6th 5-7pm



December 2019 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:15 a.m. Yoga, free 11:30 a.m. Lunch 12:30 p.m. Lecture: Medical Marijuana 2:00 p.m.— 3:00 p.m. Line Dancing, \$3	3 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 11:30 a.m. Lunch 12:30 p.m. Pen & Ink Drawing Workshop	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 12:30 p.m. Joy filled holidays 1:00 p.m.—2:30 p.m. Memory Loss Support Gr 1:00 p.m. —3:30 p.m. Duplicate Bridge, \$2	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. Cooking Demonstration Reserva- tions req. \$5 donation 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 2:00 p.m. ABCs to a Healthy Holiday Feast	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. —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: Cape Cod Ginger 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 12:30 p.m. A Christmas Carol followed by cocoa & cookies Reg. req	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.—2:30 p.m. Memory Loss Support Gr 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. Lunch 2:00 p.m.— 3:00 p.m. Line Dancing, \$3	24 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 11:30 a.m. Lunch	25 	26 11:30 a.m. Lunch	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. Catered Lunch, Reservations req. 12:30 p.m. New Year's Eve Party	31 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 11:30 a.m. Lunch	Yoga Strength & Conditioning Friday These classes have been funded by a grant from the MA EOEA	Strength & Conditioning Tuesday This class is being funded through a donation made in memory of Lynne Rhoads	Duplicate Bridge Duplicate bridge for the intermediate player. Call MJ at 508-748-6688 to register to play

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Day Trips

Trip to Patriot's Place, Foxborough
December 5th 10:00 a.m.

Dine at your choice of wonderful restaurants, too many to name. Shop at stores such as Bass Pro Shops, Ulta and Bath & Body Works. Call 508-748-3570.

Upper Cape Cod Regional
Technical School

Thursday, December 12th 9:30 a.m.

Start the day out getting a complimentary manicure at TechStyle Salon where Cosmetology students gain practical experience while making you beautiful. Afterwards you will make your way to the Canalside Restaurant where the Culinary Arts Department will be serving up delicious fare. Your meal will be a choice of chicken cordon bleu or scrod with dessert. Cost of the meal is \$11.00 & gratuity. Sign ups begin on November 22nd. Call 508-748-3570.

LaSalette Shrine and Dinner

Thursday, December 12th 2:15 p.m.

We will arrive at LaSalette to enjoy Father Pat's Choral Concert and then take in the lights, gift shop and grounds. Afterwards we will head to Bliss Restaurant & Ice Cream Shop. You will be responsible for the cost of your dinner. Sign ups begin on November 25th. Call 508-748-3570.

Zeiterion Theatre

Saturday, December 14th 2:30 p.m.

Share the joy of the season as the New Bedford Symphony Orchestra performs all of your holiday favorites. Cost is \$10.00 per person. Sign ups for this trip will be taken early. They will begin on November 25th. Call 508-748-3570

Trip to Emerald Square Mall

December 19th 10:00 a.m.

Take care of some last minute shopping at all of your favorite stores under one roof, so much to choose from! Sign ups begin on December 5th. Call 508-748-3570.

Classic Movie Series

The Sippican Historical Society and Marion COA are delighted to present the monthly Classic Film Series at the Music Hall
January 10th 7:00 p.m.

Nell

February 14th 7:00 p.m.

The Browning Version

March 13th 7:00 p.m.

The Day the Earth Stood Still

April 10th 7:00 p.m.

The Battle of Britain

May 8th 7:00 p.m.

The Piano

Movies are free and open to the public - Popcorn served.

Come early and listen to music provided by Truman Terrell, Bob Sanderson and Michele Richardson.



Zeiterion Tickets

Tickets for the 2019-2020 season at the Zeiterion Theatre are once again being offered at a discount to area seniors for many of the shows. Stop by the COA to see a listing of upcoming shows.

Fuel Assistance

PACE Fuel Assistance Program assists eligible homeowners and renters in the Marion area with their home heating needs. Applications for fuel assistance will be available soon. Eligibility is based on the gross annual income of all household members. Call Linda Aguiar for more information, 508-748-3570.

George E. Curtis Charitable Trust. This fund is administered by Coastline Elderly Services and is designed to help seniors living in Marion who are having difficulty paying for fuel. This is a one-time payment for fuel assistance and benefits seniors 60 years of age or older who live on fixed incomes. Fuel assistance may be provided for oil, gas, electric, propane or other fuels. Call Linda Aguiar for more information, 508-748-3570.

Emergency Alert

CodeRED Community Notification
Enrollment

The CodeRED system provides Plymouth County and Bristol County officials the ability to quickly deliver messages to targeted areas throughout these two counties. No one should assume their phone number is included. Log onto the Sheriff's Department website, www.pcsdma.org and follow the link to the "CodeRED Community Notification Enrollment page". Those without internet access may call the Sheriff's Field Services Division 508-830-6200. You should call if you have an unlisted phone number, have changed your phone number or address in the past year, or use a cell phone for your primary phone.



December 2019



Must RSVP 24 hours in advance (by 11:00a.m.)
508-748-3570.

Monday		Tuesday		Wednesday		Thursday		Friday		
Sodium (mg): Na*		Sodium (mg): Na*		Sodium (mg): Na*		Sodium (mg): Na*		Sodium (mg): Na*		
2	Beef & Cabbage Casserole	300	Mini Ravioli w/ Pesto Sauce	238	Caribbean Chicken	381	High Sodium Meal	6	Fish Sandwich	190
	Red Bliss Potatoes	4	Genoa Blend	40	Pineapple Rice	35	Hot Dog	*550	Tartar Sauce	261
	Dinner Roll	160	WW Roll	160	Italian Veggies	26	Mustard/Relish	136	Mash. Sweet Potato	33
	Fig Bar	35	Fresh Orange	0	Multigrain Bread	190	Hashbrowns	136	Fall Blend	15
	Diet: Graham Wafers	85	Yogurt Cup	50	Pears	4	Cabbage & Carrots	47	WW HB Roll	230
							Hot Dog Roll	210	Peaches	5
							Cinnamon Apples	4		
Total Sodium: 499		Total Sodium: 606		Total Sodium: 636		Total Sodium: 1083		Total Sodium: 733		
Calories: 649 Carbs: 92		Calories: 522 Carbs: 86		Calories: 466 Carbs: 71		Calories: 576 Carbs: 65		Calories: 579 Carbs: 82		
9	Chicken Cacciatore	446	Beef Picadillo	251	Cream of Carrot & Celery Soup	130	Greek Meatballs	354	Crustless	273
	Italian Penne	1	Rice	36	Pork w/ Rosemary Gravy	71	Rice Pilaf	134	Chicken Pot Pie	62
	Peas & Mushrooms	133	Mixed Veggie	41	Au Gratin Potatoes	154	Malibu Blend	59	Mashed Potatoes	62
	Scali Bread	190	Oatmeal Bread	121	WW Roll	160	Multigrain Bread	190	Asparagus	6
	Pineapple	1	Mandarin Oranges	6	Pistachio Pudding	110	Banana	1	Biscuit	340
									Applesauce	15
Total Sodium: 771		Total Sodium: 455		Total Sodium: 749		Total Sodium: 739		Total Sodium: 697		
Calories: 485 Carbs: 77		Calories: 411 Carbs: 57		Calories: 668 Carbs: 63		Calories: 605 Carbs: 80		Calories: 598 Carbs: 77		
16	American Chop Suey	211	Pot Roast	241	Cherry Glazed Chicken	359	French Meat Pie	297	"Catch of the Day"	67
	Broccoli	12	Garlic Mash. Potatoes	62	Rice Florentine	112	Mashed Potatoes	62	Lemon Dill Sauce	111
	Honey Wheat Roll	135	Garlic Green Beans	3	Tuscany Blend	56	Scandinavian Blend	42	Roasted Potatoes	33
	Mixed Fruit	10	WW Bread	115	Oatmeal Bread	121	Multigrain Bread	190	Roman Blend	26
			Fresh Apple	2	Pears	4	Cherry Crisp	190	Potato Bread	120
							Diet: Pound Cake	210	Peaches	5
Total Sodium: 368		Total Sodium: 424		Total Sodium: 651		Total Sodium: 781		Total Sodium: 362		
Calories: 436 Carbs: 64		Calories: 610 Carbs: 80		Calories: 408 Carbs: 51		Calories: 896 Carbs: 114		Calories: 432 Carbs: 58		
23	Sausage w/ Pepper & Onions	*520	Curry Chicken	375		26	Mac n' Cheese	403	Cheeseburger	387
	Pasta Alfredo	116	Lentil Pilaf	134		Escalloped Tomatoes	143	Ketchup	82	
	Mini Sub Roll	162	Winter Squash	13		Italian Green Beans	3	Mustard	55	
	Applesauce	15	WW Roll	160		Fruit Loaf	160	Potato Wedges	33	
			Fresh Orange	0		Pineapple	1	Cabbage & Carrots	47	
							WW HB Roll	230	Mixed Fruit	10
Total Sodium: 814		Total Sodium: 682				Total Sodium: 710		Total Sodium: 844		
Calories: 491 Carbs: 69		Calories: 473 Carbs: 76				Calories: 735 Carbs: 102		Calories: 631 Carbs: 66		
30	BBQ Pork Rib	457	Turkey Stew	*571	All Meals include:		<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>			
	Baked Beans	36	Mashed Potatoes	62	Milk:					
	Hot German Slaw	81	Multigrain Roll	190	110 Calories					
	Dinner Roll	160	Mini Red Velvet Cake	209	125mg Sodium					
	Peaches	5	Diet: Low Sugar Cake	210	13g Carbs					
Total Sodium: 739		Total Sodium: 1032								
Calories: 477 Carbs: 72		Calories: 616 Carbs: 100								
						Margarine:				
						36 Calories				
						47mg Sodium				

* Indicates a food with more than 500 mg sodium.
Please inform Coastline if you have any food allergies.

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Soup-er Thursdays

There is no meal that evokes such fond memories as a bowl of homemade soup that heals the body and spirit.

- December 5th - Smoky Chicken Corn Chowder
- December 12th - Tortellini Soup
- December 19th - Beef Barley Soup
- December 26th - Tomato Soup & Grilled Cheese

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



Reservations are required 48 hours in advance (Tuesday)



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Mondays
 January 6, 2020
 February 3, 2020
 March 2, 2020
 12:30-1:30 pm

Marion Council on Aging
 Benjamin D. Cushing Community Center
 465 Mill St.
 Marion, MA 02738

Funding provided in part by a grant from Creative Public Services, Inc. and the Massachusetts Office of Elder Affairs. Classes are for education and socialization and not intended to diagnose or treat any medical condition.

For reservations please call 508 748-3570

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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