

# SIPPICAN SOUNDINGS

News from the Marion Council on Aging  
March 2020

## Special Events

### Brain Builders

Monday, March 2<sup>nd</sup> 12:30 p.m.  
Buzzards Bay Speech Therapy invites you to participate in this program designed to help to improve memory, word-finding, thinking skills and socialization. Call 508-748-3570 to reserve your spot.



### Getting Back to Happiness:

#### Loss & Grief Support Group

Tuesdays, 12:30 p.m. - 2:00 p.m.  
Join Facilitator Ken Hart, BS, MA of Compassionate Care Hospice as he introduces tools for moving ahead through grief. We want to help you find healing as you navigate the emotional response to loss. This is a six week series that began on February 18<sup>th</sup> -we will not be meeting on March 10<sup>th</sup>. Please call 508-748-3570 to register for this program.

### Everything You Wanted to Know About Enjoying Wine, but Were Afraid to Ask!

Monday, March 9<sup>th</sup> 12:30 p.m.  
Paul Gentile, former owner of a wine touring company will be on hand to speak about wine types, deciphering restaurant wine lists, pairing wines with your meal and answering any questions that you may have. We will be sampling some non-alcoholic wine!

### St. Patrick's Day Celebration

Monday, March 16<sup>th</sup> 12:30 p.m.  
Come enjoy the Irish musical stylings of "Ragtime" Jack Radcliffe. You will find yourself both entertained and uplifted by this performance.

A lunch of Shepherd's Pie will be served at 11:30 a.m. Reservations are required for lunch. Call 508-748-3570 by March 12<sup>th</sup> to make your reservation.

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



### Marion Chiropractic

Monday, March 30<sup>th</sup> 12:30 p.m.  
Dr. Jennifer Eames, graduate of Sherman College of Chiropractic and also a member of Marion Chiropractic will discuss how chiropractors correct misalignments or dysfunctional vertebrae to open this pathway and allow your body to optimal health. Come and enjoy an hour of information and helpful tips.

### Art For Your Mind - The Art of

#### France by Jill Sanford

Monday, April 6<sup>th</sup> 12:30 p.m.  
Experience a number of France's famous art styles - Baroque, Romanticism and Impressionism, to name a few. Come away with a renewed sense of the impact and importance of France's tremendous contributions to the art world. 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. In just one hour you'll discover ways to get more out of looking at art. The guided format and carefully selected images reveal clues and meaningful connections.

A lunch of Chicken Cordon Bleu Sandwiches will be served at 11:30 a.m. Reservations are required for lunch. Call 508-748-3570 by April 2<sup>nd</sup> to make your reservation.





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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

*This agency and its programs are funded (in whole or in part) by a grant from Coast-line Elderly Services, Inc., Massachusetts Executive Office of Elder Affairs and the Federal Administration for Community Living.*

## 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.

*Donations Accepted to Sustain Programming*

### Public Health Nurse

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

Health consultations and education, blood pressure monitoring and routine adult vaccinations. Please call 508-748-3530 to confirm availability.

### Podiatry Clinic

Dr. Erik Henriksen, D.P.M. provides podiatry services at the Community Center. Please call 508-748-3570 to schedule your appointment. The next day for services is March 20<sup>th</sup>.

### 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 13<sup>th</sup>, call Holly Petruzzo, RDH, 774-766-7238.

## Caregivers

### Memory Loss Support Group

Thursdays - March 12<sup>th</sup> & 26<sup>th</sup>

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 January is Harry Norweb.

## Art Gallery

### UPCOMING SHOWS:

Mattapoisett Area Artists

March 2<sup>nd</sup> - March 31<sup>st</sup>

Opening reception March 5<sup>th</sup> 5-7pm

Art For All Ages

April 1<sup>st</sup> - April 30<sup>th</sup>

Photography

May 1<sup>st</sup> - May 29<sup>th</sup>

Opening reception May 7<sup>th</sup> 5-7pm

Pastel Show

June 1<sup>st</sup> - June 30<sup>th</sup>

Opening reception June 4<sup>th</sup> 5- 7pm



## March 2020 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 2:00 p.m.— 3:00 p.m. Line Dancing, \$3	3 <b>VOTING</b> ACTIVITIES WILL BE SUSPENDED FOR THE DAY. SOME MAY BE MOVED OFFSITE, CHECK WITH THE FRONT DESK.	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. 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 12:30 p.m. Lecture 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.—2:30 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. Catered Lunch, Reservations req 12:30 p.m. Concert 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. Grief Support	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. Lunch & Matinee, Reservations req 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 12:30 p.m. Grief Support	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.—2:30 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 2:00 p.m.— 3:00 p.m. Line Dancing, \$3	31 9:00 a.m. Strength & Conditioning, free 10:30 a.m. Meditation 11:30 a.m. Lunch 12:30 p.m. Grief Support	Strength & Conditioning Tuesday	Duplicate Bridge	Voting
		This class is being funded through a donation made in the memory of Lynne Rhoads.	Duplicate bridge for the intermediate player. Call MJ at 508-748-6688 to register to play.	Transportation is available to the voting polls. Call 508-748-3570 to arrange.

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## Day Trips

**Boston Flower and Garden Show**  
Thursday, March 12<sup>th</sup> 8:30 a.m.  
When you arrive at the show you will enjoy landscaped gardens, edible gardening, floral designs, outdoor living and over 200 vendors! Enjoy lectures and demos from master gardeners. Discount tickets are available for \$16.00. Tickets must be paid for in advance. Call 508-748-3570 to reserve your spot on this trip starting February 27<sup>th</sup>.



### Legacy Place

Thursday, March 26<sup>th</sup> 9:30 a.m.  
Take a trip to Legacy Place in Dedham to get your shopping fix. Visit stores such as L.L. Bean, Loft, Casper and Clarks just to name a few. Enjoy lunch on your own at one of their many dining establishments. Sign ups for this trip begin March 12<sup>th</sup>. Call 508-748-3570.

## Natural History Museum

### Wildflowers of Southeast Massachusetts

Wednesday, March 4<sup>th</sup> 10:00 a.m.  
Martha "Mike" Schroeder will be visiting the Museum and sharing a slide show of locally taken photos of wildflowers thought to have existed in SE Massachusetts since before the arrival of Europeans. Every flower has its own story. Please call the Museum at 508-748-2098 to reserve your spot.

## Classic Movie Series

The Sippican Historical Society and Marion COA are delighted to present the monthly Classic Film Series at the Music Hall.

March 13<sup>th</sup> 7:00 p.m.

**The Day the Earth Stood Still**

April 10<sup>th</sup> 7:00 p.m.

**The Battle of Britain**

May 8<sup>th</sup> 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.



## Services

### Medical Equipment Loan Closet

For those in need of medical equipment such as shower chairs, walkers, canes, commodes, wheelchairs, etc... The Council on Aging will provide the item on loan for as long as needed. From time to time we also receive donations of incontinence protection that we are able to make available. Please call 508-748-3570 to inquire about what items we may have in stock.

### File of Life

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

## Soup-er Thursdays

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

### March 5<sup>th</sup> - White Chili

True comfort food - the calmer cousin of traditional Texas chili. Studded with chicken and white beans, served with cornbread.

### March 12<sup>th</sup> - Minestrone Soup

An Italian staple loaded with veggies, beans, pasta and herbs, served with a hearty roll.

### March 19<sup>th</sup> - Cabbage & Beef Soup

Healthy and absolutely delicious, light and filling and full of flavor, served with a hearty roll.

### March 26<sup>th</sup> - Baked Potato Soup

This classic features cubes of baked potato with onion, bacon, cheddar and sour cream - thick and creamy.

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

Reservations are required.

508-748-3570



## Monday Matinee

Join us Monday, March 23<sup>rd</sup> for pizza and a movie. Get ready to watch *Yesterday*. After an accident during a global blackout, a man wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard of them, he becomes an overnight sensation. Lunch is served at 11:30 a.m. Reservations are required 508-748-3570.



# March 2020



Must RSVP 24 hours in advance (by 11:00 a.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	Orange Tarragon Chicken Fluffy White Rice Spring Veg. Blend Oatmeal Roll Mixed Fruit	423	Turkey Stew w/ Vegetables Garlic Mash. Potatoes Multigrain Roll Pears	*571	62	190	4	Pot Roast Red Bliss Potatoes Mixed Vegetables WW Bread Orange	241	4	41	160	0	Cheeseburger Ketchup/Mustard Roasted Potatoes Scandinavian Blend WW HB Roll Chocolate Pudding Diet: LS Pudding	387	137	33	42	230	191	110	Broccoli Bake Hash Browns Tomato Florentine Fruit Loaf Applesauce	387	136	121	102	20	
Total Sodium: 647		Total Sodium: 827		Total Sodium: 446		Total Sodium: 1019		Total Sodium: 766																				
Calories: 441 Carbs: 57		Calories: 492 Carbs: 77		Calories: 578 Carbs: 73		Calories: 714 Carbs: 74		Calories: 689 Carbs: 62																				
9	American Chop Suey Italian Green Beans Asparagus Scali Bread Mandarin Oranges	211	3	6	190	6	10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Total Sodium: 416		Total Sodium: 931		Total Sodium: 513		Total Sodium: 393		Total Sodium: 771																				
Calories: 443 Carbs: 62		Calories: 572 Carbs: 77		Calories: 813 Carbs: 101		Calories: 443 Carbs: 53		Calories: 525 Carbs: 81																				
16	Mexican Chicken Spanish Rice Country Veg. Blend Dinner Roll Peaches	413	22	32	160	5	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
Total Sodium: 632		Total Sodium: 1131		Total Sodium: 783		Total Sodium: 692		Total Sodium: 599																				
Calories: 397 Carbs: 61		Calories: 633 Carbs: 82		Calories: 527 Carbs: 73		Calories: 614 Carbs: 111		Calories: 397 Carbs: 74																				
23	Chicken Cacciatore Italian Pasta Jardiniere Veg. Blend Scali Bread Apple Strawberry Yogurt Cup	426	1	39	190	2	75	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37
Total Sodium: 753		Total Sodium: 664		Total Sodium: 979		Total Sodium: 450		Total Sodium: 603																				
Calories: 606 Carbs: 96		Calories: 664 Carbs: 92		Calories: 637 Carbs: 92		Calories: 569 Carbs: 72		Calories: 428 Carbs: 65																				
30	BBQ Pork Patty Whipped Sweet Potatoes Green & Wax Beans Oatmeal Bread Pineapple	280	33	3	121	1	438	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
Total Sodium: 438		Total Sodium: 832		Total Sodium: 979		Total Sodium: 450		Total Sodium: 603																				
Calories: 409 Carbs: 68		Calories: 528 Carbs: 74		Calories: 637 Carbs: 92		Calories: 569 Carbs: 72		Calories: 428 Carbs: 65																				
				All Meals include:		We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.		For weather emergencies and cancellations, please check 1420 AM WBSM radio.																				
				Milk: 110 Calories 125mg Sodium 13g Carbs		Congregate Meal participants may take home packaged bread, desserts and milk.																						
				Margarine: 36 Calories 47mg Sodium																								

\* 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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## BAR HARBOR OVERNIGHT EXCURSION

June 12<sup>th</sup> - 14<sup>th</sup>

Tour Includes: 2 nights deluxe accommodations at the Bluenose Inn, 4 meals (2 breakfasts & 2 dinners featuring traditional Lobsterbake, guided tour of Acadia National Park, narrated cruise of Frenchman Bay, Thomaston State Prison Showroom and Mount Battie, driver & tour manager gratuity included, services of a professional Conway Tour Manager.

Day 1: Welcome aboard. Today we travel downeast to beautiful Bar Harbor, Maine. Elegant accommodations are provided at the Bluenose Inn, overlooking Frenchman Bay. This resort offers indoor and outdoor-heated swimming, great dining and nightly entertainment. This evening enjoy dinner at your hotel.

Day 2: Take pleasure in a narrated 2 hour cruise of Frenchman Bay. Enjoy free time in the downtown filled with shops, restaurants and boutiques. Later, a guided tour of Mt. Desert Island and Acadia National Park. This evening, experience a traditional Downeast Lobsterbake. Later, enjoy piano entertainment at the hotel.

Day 3: After breakfast, visit Thomaston State Prison, where you'll have the opportunity to purchase items actually made by the inmates. Next, enjoy a fabulous view of Camden Harbor from the top of Mount Battie, before heading for home.

Double Occupancy: \$526.00 per person includes tax and gratuities

For more information contact Linda Jackvony at 508-748-3570.

\$50.00 Deposit due 3/6. Final payment due 4/22.



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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