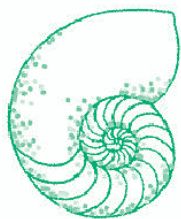


Swampscott Senior Center



COMPASS

Get centered at the senior center

THE MISSION STATEMENT OF THE SWAMPSCOTT COUNCIL ON AGING IS

- To serve all seniors with dignity and positive regard.
- To identify and respond to the needs of elders and to advocate on their behalf.
- To promote an awareness in the community of issues regarding seniors.

EDITOR: ANNE QUAGRELLO

NOVEMBER 2016

TELEPHONE. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

Chairperson, Marilyn Cassidy	Norma Freedman
Secretary, Felice Lipman	Mary Cobbett
William Hyde	Ruth Iarrobino
Judee Cyr	Peter McNerney

STAFF

Director: Marilyn Hurwitz,
Asst Director: Susan Pierce
Activities Coordinator: Anne Quagrello
Outreach Coordinator: Gina Bush
Office Asst: Dorothy Kitoski
Drivers: Howie Conley, Emery Richard, Ed Kitoski, Ken Avery
GLSS Site Manager: Helen Richard

Dear Senior Citizens, Friends and Family Members,

Where does the time go? We are now in November! Thank you again to all who supported The Friends' of Swampscott Senior Center annual fund drive. They are most appreciative. Remember this group allows us to go the extra mile in regards to hospitality and special events or special purchases. In fact, over forty of our senior had a wonderful trip to Northampton that included a luncheon, a trip to Yankee Candle, Web's knitting store and a garden center. What a busy fun filled day! This year they were fortunate to have a beautiful day as well.

There are many new classes starting here again such as canasta, bridge, Mah Jongg, rummy cube and art. Of course you can look to jump into existing physical activity classes and cards, knitting cribbage and poker to make a few suggestions. At least come to lunch. This center has become a surrogate family for many of our clients.

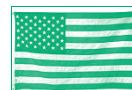
November brings us to our annual food drive to support the St Vincent De Paul food pantry located at St John's Church. So many of us have never had to go hungry but that is not the case for some who are just getting by. Bring your donations to the center and we will get them to the food pantry.

November is also the month to get prepared for the onset of winter. Always have an emergency kit ready with a flash light, portable radio, water and non-perishable food. Remember if the schools are closed due to a weather emergency, we are closed as well. Take a moment to reflect on the many things we have to be thankful for. That is the significance of this month's holiday. Speaking of holidays, we are having a Veterans Day breakfast to honor those in our community who have served our country in the mili-

tary. See below for details. Enjoy this month and come on down to check things out! Remember each day is a gift..

-Marilyn

Veterans Breakfast



Veteran's Day is on **Friday, November 11th**. We will pay tribute to our local veterans by hosting our annual Veteran's Day Breakfast at the Senior Center. There will be an invocation and color guard followed by a breakfast. We will then go to the Veteran's Memorial on Monument Ave where there will be a ceremony at 11:11am.

All Swampscott Veteran's are welcome.
Reservations are required. Please call 781-596-8866 to reserve your spot

****Senior Center Hours****

Monday, Tuesday & Thursday 9:00 - 3:00pm

Wednesday 9:30 - 3:00pm

Friday 10:00 - 3:00pm

NEW Boys in the Boat Book Club

Join and SHS English class in a discussion about the New York Times bestseller Boys in the Boat. This is a story about an American Olympiac triumph in Nazi Germany and the inspiration for the PBS documentary "Boys of 36". Please call or sign up at the front desk.

NEW Chair Yoga

If you wanted to try yoga but may have difficulty getting on the floor then this class is for you! It is suitable for all levels and physical conditions. Wednesdays 1:00-2:00pm. \$5 per class

TAI CHI BEGINNERS CLASS

The senior center has a new Tai Chi beginner class on Tuesdays from 1:00pm to 2:00pm. Regular Tai Chi will be at 2:00 pm.

CANASTA CLASS

New six week canasta class on Tuesday, October 18th at 10:00 am. The cost is \$35.00, contact the senior center at 781-596-8866 to sign-up.

CHESS CLUB

Do you play Chess? Join us at the senior center on Thursday 12:30 to 2:30pm. Presently we have a small group but we are looking to expand. It's free, just call 781-596-8866 to sign-up.

NOVEMBER TRIP TO FOXWOODS

The Swampscott Senior Center has scheduled a trip to Foxwoods on Tuesday, October 18th. The bus will leave the Essex Street side of the Stop & Shop at Vinnin Square no later than 7:00 am. The cost is \$28.00 per person but you will receive a \$10.00 coupon for food or a free buffet plus a \$10.00 bonus slot play upon your arrival. Seats are limited, so contact the center at 781-596-8866 to reserve your seat.

RUMMY CUBE

Tuesdays @ 10am. Looking for new members! A fun card game with tiles. Just show up.

WALKING GROUP

Wednesdays at 9:30. We walk around the entire building. 4 laps is a mile. Come out and do what you can while the weather is still nice!

NEW MAH JONGG CLASS

New class starting on Monday, October 17th at 9:00. Cost is \$20.00 plus \$8.00 for the mah jongg card which lasts a year.

MEN'S CLUB

Thursday, Nov 17th at 1:00pm

Selectman, Peter Spellios will be our guest speaker and will discuss all of the exciting changes to the Humphrey Street area. \$6 Lunch from Periwinkles. New members always welcome. Come check it out!

SCHOOL IS BACK IN SESSION

Please drive carefully!! The beginning of the school year is always a new, exciting and confusing time. Be patient and kind. Hopefully, that will be returned to you a hundredfold.

Please only park in the yellow lined spaces marked SC. These are for the Senior Center. Other spaces around the school belong to the students; they pay for them and we cannot park there. Be respectful.

CANDY NEEDED

We are always in need of extra candy. Spread the word to family and friends that we would love any extra Halloween candy. We especially love chocolate! (who doesn't??)

OUR NEWSLETTER IS ON LINE

Go to www.town.swampscott.ma.us, then click on Town Departments, Council on Aging. Under links, Latest Compass Newsletter or you can go to www.ourseniorcenter.com/find/Swampscott-council-on-aging.

HAPPY BIRTHDAY

To our wonderful Seniors who celebrate their birthday in November—we wish you a Very Happy Birthday!

Check out our new "Birthday Celebration" wall in the display case. Maybe there is somebody's name up there who is celebrating their birthday and you'd like to send a birthday card. We might not like getting older, but a birthday is your very special day. Who doesn't like to be recognized on that day?







Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Stuffed Shells Chicken Pesto Sandwich Split Pea Soup	2 Beef Stew Turkey Waldorf Salad Sandwich Kale and White Bean Soup	3 Dijon Pork w Gravy Grilled Chicken Sandwich Potato Leek Soup	4 White Fish w Dill Sauce Tuna Sandwich Minestrone Soup
7 Turkey Divan Rotini Tuna Sandwich Vegetable Soup	8 ELECTION DAY CLOSED	9 Pork, Apples/Onions Sweet Potato Chicken Salad Roll Bean Soup	10 Beef Chili w Baked Potato Turkey Pesto Sandwich Mushroom Soup	11 VETERANS DAY CLOSED
14 Baked Ziti Egg Salad Sandwich Butternut Squash Soup	15 Orange Glazed Chicken Ham & Pineapple Salad Roll Split Pea Soup	16 Meatloaf w/ Gravy Turkey and Cheese Sandwich Cream of Spinach Soup	17 Thanksgiving Special Turkey, Gravy, Stuffing, Mashed Potato, Winter Squash, Dinner Roll, Apple Pie	18 Pollock w/ Tartar Red Bliss Potato Cuban Sandwich Carrot Bisque
21 Teriyaki Chicken Meatballs, Jasmine Rice Tuna Sandwich Vegetable Soup	22 Roast Beef w/ Gravy Turkey and Cheese Sandwich Cream of Broccoli Soup	23 Hot Dog on a Roll Chicken Caesar Wrap Kale & White Bean Soup	24 THANKSGIVING CLOSED	25 CLOSED 
28 American Chop Suey Southwest Chicken Salad Sandwich Butternut Squash Soup	29 Fish w Sauce Gourmet Pork Sandwich Split Pea Soup	30 Chicken Pot Pie Deviled Egg Sandwich Potato Leek Soup	MENU SUBJECT TO CHANGE WITHOUT NOTICE	



Skilled Nursing
Short-Term Rehabilitation
Sub-Acute Care | Respite Care

Life Care Center
 of the North Shore
Joint Commission accredited

Distinctly Different
781-592-9667
 111 Birch St.
 Lynn, MA 01902
 LCCA.com



Confidential Care ...at home

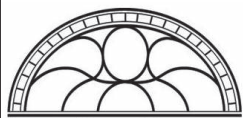
Home Care Options Made Easy • 781-639-4759
 A Private Duty Home Health Care Agency

SENIOR CENTER HOURS

MONDAY, TUESDAY & THURSDAY 8:30 a.m. - 3:00 p.m. WEDNESDAY 9a.m- 3 p.m. FRIDAY, 10:00 am - 3:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 8:30 Mah Jongg 1 9:00 Stretch & Tone 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Beginner Tai Chi 2:00 Tai Chi Class	8:30 Mah Jongg 1 9:00 Stretch & Tone 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Beginner Tai Chi 2:00 Tai Chi Class	9:30 Walking Group 2 10:00 Creative Writing 10:30 Yoga 11:30 Lunch 12:30 Poker League 12:30 Shopping -Vinnin Sq 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 3 10:00 Cardio/Tone closed 11:00 Osteo Exercise Class 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping -Market Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Advanced Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 4 11:30 Lunch 12:30 Poker League 12:45 Bingo
:00 Golf/Bowling 7 9:00 Mah Jongg 9:45 Zumba Gold 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge CLOSED 12:30 Shopping Mkt Basket 12:30 Poker League	8 ELECTION DAY CLOSED	9:30 Walking Group 9 10:00 Creative Writing 10:30 Yoga 11:30 Lunch 12:30 Poker League 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 10 10:00 Cardio/Tone-closed 11:00 Osteo Exercise Class 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping-Market Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Advanced Beginner Bridge 6:30 Duplicate Bridge	11 Veteran's Day Closed
9:00 Golf/Bowling 14 9:00 Mah Jongg 9:45 Zumba Gold 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge CLOSED 12:30 Shopping Mkt Basket 12:30 Poker League	8:30 Mah Jongg 15 9:00 Stretch & Tone 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Stop& Shop 12:45 Bingo 1:00 Beginner Tai Chi 2:00 Tai Chi Class	9:30 Walking Group 16 10:00 Creative Writing 10:30 Yoga 11:30 Lunch 12:30 Poker League 12:20 Shopping -Vinnin Sq 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 17 10:00 Cardio/Tone -closed 11:00 Osteo Exercise Class 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping-Market Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Advanced Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 18 11:30 Lunch 12:30 Poker League 12:45 Bingo
9:00 Golf/Bowling 21 9:00 Mah Jongg 9:45 Zumba Gold 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge CLOSED 12:30 Shopping- Mkt Basket 12:30 Poker League	8:30 Mah Jongg 22 9:00 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Beginner Tai Chi 2:00 Tai Chi Clas	9:30 Walking Group 23 10:00 Creative Writing 10:30 Yoga 11:30 Lunch 12:30 Poker League 12:30 Shopping -Vinnin Square 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	24 Happy Thanksgiving CLOSED	25 
9:00 Golf/Bowling 28 9:00 Mah Jongg 9:45 Zumba Gold 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge CLOSED 12:30 Shopping Mkt Basket	8:30 Mah Jongg 29 9:00 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Stop & Shop 12:45 Bingo	9:30 Walking Group 30 10:00 Creative Writing 10:30 Yoga 11:30 Lunch 12:30 Poker League 12:30 Shopping -Vinnin Square 1:00 Knitting Group 1:00 Social Cribbage		

THIS SPACE IS
AVAILABLE



Bertram House of Swampscott

Assisted Living & Specialized Memory Care

565 Humphrey Street
Swampscott, MA

Phone: (781) 595-1991
Web: bhs.bertramhouse.org

Gallo Law Office

Attorney Charles N. ("Charlie") Gallo

Estate Planning, Elder Law & Probate

Wills, Trusts, Powers of Attorney, Health Care Proxies,
Protect home and savings against costs of nursing home care

781-599-3706

Charlie@CharlieGalloLaw.com

15 Johnson Street, Suite B | Lynn, MA 01902

Cassidy Associates Insurance, Inc.

Insurance since 1962

234 Humphrey St., Swampscott, MA 01907 • Tel. 781-598-4300 • www.cassidyins.com

Home, Auto, Business Liability & Property, Workers' Comp., Buildings, Bonds,
E & O, Yacht, Life, Long-Term Care, Disability, Annuities, Financial Planning

HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

DR. PHILIP LINSKY

Optometrist

Serving Swampscott Since 1965!

238 Humphrey Street
Swampscott MA
By Appointment

781-592-6633

our SENIOR CENTER

The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter
emailed to you at www.ourseniorcenter.com

*All the seniors in town
are reading this newsletter.*

Do they know who YOU are?

Call to place an ad today

800-477-4574



SELLING YOUR HOME?

Want an
Honest
Opinion
of Value?



**CONNOR
REAL ESTATE**

Call John Connor

781-581-5940 781-233-7060

Atty. Mary F. Milburn

Real Estate & Elder Law

In home appts available

207 West Shore Drive
Marblehead

508-932-3489

mfmilburn@earthlink.net
www.Milburnattorney.com



Family Owned and Operated SWAMPSCOTT Refrigeration

HEATING & AIR CONDITIONING

Commercial - Residential

781-592-1519

SENIOR DISCOUNT



- Central Air Conditioning Installation & Repair • Heat Pumps
- Furnaces • Heating Systems Installation & Repair
- Commercial Refrigeration • Ductless Splits

James V. Carone, Owner



www.swampscottrefrigeration.com

PROTECTING SENIORS NATIONWIDE

PUSH



TALK



24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- No Long-Term Contracts
- Price Guarantee
- American Made

TOLL FREE: 1-877-801-5055

*First Three Months

**HOLIDAY
SPECIAL**



Swampscott Council on Aging, Swampscott, MA 06-5179

Something to Think About

Our diets determine how long we live and our quality of life. Many of our chronic illnesses from obesity to diabetes to heart disease can be prevented or improved by changing what we eat. Yet one in three Americans is overweight or obese. Experts now predict that the current generation of children will live shorter lives than their parents. Clearly, there is a lot of work still to do to make sure fresh, healthy food is available and affordable to all families.

Get the Food You Need to Stay Healthy. Apply for Food Stamps!

Project Bread's Food Source Hotline offers FREE, confidential screenings for SNAP/Food Stamp eligibility as well as assistance completing the application over the phone.

Counselors are also available to help current recipients ensure they are receiving maximum benefits. Call today! 1-800-645-8333 PRESS 2 for the dedicated Senior Citizen line. Mon—Fri 8am-7pm, Sat 10am-2pm

FLU SHOTS!!

Wednesday, November 2nd in the Nurses Station at the Senior Center. 7-9:00pm. Please bring Medicare or any Health Insurance cards.

Join us for Lunch Bunch!

This month we will be heading to The Wenham Tea House. Please call for more information!

FIRE EVACUATION PROCEEDURES

For your safety it is important that you take the time to read and understand our Fire Drill Procedures which are located on the walls in our Lobby, Lunch Room, Sitting Room and Activities Room.

The Dance of the Cane

By Joan M Clayman
Creative Writing Group

I've been poked, I've been prodded.
I sang a song, and the cat applauded!

I've been tested, I've been weighed.
My sense of humor left, but my
"stick to it" stayed.

Fix me up please, just like new.
I've got places to go, and things to do!

I've got poems to write, and smiles
To see, and babies to kiss, all waiting for me.

Thanksgiving Day Football Game

The traditional Thanksgiving football game vs Marblehead will be at HOME this year at 10:00am at Blocksidge Field.

GO BIG BLUE!!



Be sure to check out our new Facebook page: Swampscott Senior Center. We share photos, updates and much more!



FRIENDS OF THE SWAMPSCOTT SENIOR P.O. BOX 612 SWAMPSCOTT, MA 01907

You can make a tax-deductible contribution in any amount to help support the activities of the Senior Center by donating to the Friends.

Please make checks payable to **Friends of the Swampscott Senior Center**. Enclosed please find \$_____.
Thank you for your donation.

Name _____

Address _____

If this is a tribute gift, please fill out the following information:

In Honor of _____

In Memory of _____

Please send acknowledgement to:

Name _____

Address _____