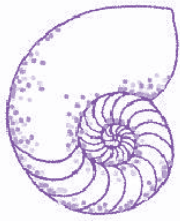


Swampscott Senior Center



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

DECEMBER 2016

TELEPHONE. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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Dear Senior Citizens, Friends and Family Members,
We would like to thank everyone who donated to our
Friends of the Senior Center campaign last month.
We truly appreciate it and it helps with everything we
do! Thank you very much to the following people...

Mary & Joel Abramson, Patricia Alioto, Beth Andler, Blair & Margaret Ardman, Anne & Harold Austin, Peggy Barbarino, Neil Barry, Thomas Belhumeur, Joseph Benson, Shirley Berg, Carole Bergeron, Deborah Bogardus, Jerry Bornstein, Dana Britt, Frances Brown, Richard & Susan Buchanan, Sue Burgess, Cynthia Butler, Carol & James Callahan, Alice Campbell, Elaine Capone, John Cardenas, Kay Carmichael, Richard Carmody, Marilyn Cassidy, Mary Cassidy, Mildred Cheever, Deborah Cherry, Alexandra Chesler, Marge Chiaraluce, Rita Clafin, Lloyd & Joan Clayman, Mary Cobbett, Anne Collier, Marion Coombs, Neil Cooper, Joan Cronin, Barbara Cunha, Mary Curtis, Judith Cyr, Ann Dawson, Fred DeFelis, M Elizabeth Delaney, Robert Delisle Jr, Frances Deon, Carolyn DiLisio, Helen DiLorenzo, Elaine DiSanto, Claire Dube, Patricia Dunn, Dorothea Edmonds, Joyce Elliott, Lester Earnst, Rebekah & Gerald Farber, Judith Fox, Sherman & Norma Freedman, Dr Robert Freedman MD, Pat Furlong, June Gallo, Marion Garfinkel, Karen L Garvin, Ruth Goldenberg, Cady Goldfield, Morris Goldfield, Linda Goldman, Martin & Maxine Goldman, Sarah Gray, Clara Grimes, Suzanne Gruhl, Donna Harrington-Lee, DP Hatch, Betty Ann Hegan, Priscilla Hetimann, Linda Hinchey, Florence Hoey, Katherine Howes, Marilyn Hurwitz, Sally Anne Hyde, Ruth Iarrobino, Dolores Infelise, M Janet Ingalls, Felice Litman, Amy Locerbie Smith, Brian Lomansky, Virginia Losano, Cynthia Lundstrom, Mary Lydon, Laurie & Rita Lynch, James & Sandra MacKenzie, Bobbie-Steele Maritta, Priscilla & Laurence Mason, Daniel & Kathleen Mazzaferro, Jean McCathern, Janet McGough, Arthur McGovern, Bridget McGovern, Irene McKeirnon, Rev John & Phyllis McGlaughlin, Robert Minsky, Sherry Missan, Sal & Anna Mistretta, Mary Mondello, Rhoda Morse, Constance Munro, David Namet, Kristen Norman, Helen Paluzzi, Arthur Papathanassi, Patti Conrad, Fran Pearlman,

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**We hope everyone has a happy
and healthy holiday season!**
Marilyn



NEW ZUMBA CLASS with Rachelle Bruzzese!

Fridays from 9:45—10:30: beginning in January. We need at least 10 participants. Please call to sign up.

NEW CHAIR YOGA!

Wednesdays from 1:00—2:00pm. If you wanted to try yoga but have difficulty getting on the floor and back up again, then this class is for you!

TAI CHI BEGINNERS CLASS

The senior center has a new Tai Chi beginner class on Tuesdays from 1:00pm to 2:00pm. The cost is \$5.00 per class.

POKER LEAGUE

Meets from 12:30 to about 4pm. They are always looking for more poker players. Come on in!

KNITTING

A very social group that meets from 12:30-3pm on Wednesdays.. All skill levels are welcome. If you've never knitted, come on down and one of the knitters will teach you. We knit for ourselves as well as for Children's Hospital and for our Veterans.

CRIBBAGE

his friendly group gets together from 1-3pm to play cribbage—just for the fun of it. All are welcome.

CHESS CLUB

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

FOOT DR

We have a FOOT DR come in for visits every other month. Please call for an appointment.

BLOOD PRESSURE

Come in and have a Registered Nurse take your blood pressure. Every Tuesday and Thursday. Please call for an appointment.

SHINE COORDINATOR

Every Tuesday. Please call for an appointment.

BUS SERVICE

Know a Senior who needs to get out of the house? Our van drivers pick you up at home, drive you in for lunch or out to various shopping trips in town. Call for more information.

CANDY NEEDED

The Senior Center would like to ask its seniors to donate any type of candy, (another thing we all enjoy) we especially like chocolate. Also, Kleenex is always appreciated.

OUR NEWSLETTER IS ON LINE

Go to www.town.swampscott.ma.us click on Town Department's then click on Council on Aging, under links click on Latest Compass Newsletter.

Also our newsletter is available from our publisher on line at the following; www.ourseniorcenter.com/find/Swampscott-council-on-aging

LIKE US ON FACEBOOK

Check out our Facebook Page to find information, updates, trip information and photos.

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.

UNUSED PRESCRIPTIONS



Thank you to those of you who have already dropped off your unused prescriptions! The Swampscott Police Department accepts all unused prescription medication at the Police Station any day of the week! Please drop off at your convenience.

DID YOU KNOW?

In Massachusetts, consumers who are 62 years or older are eligible for an exemption from Directory Assistance charges. Contact your phone company for an application. (Thank you Shirley Berg!!)

REQUEST FOR COUPONS

The Elder Act Club of Swampscott/Marblehead collects coupons for our military members in order to give their families a little financial help. Please drop off any unused national coupons (i.e. Olive Garden) to the front desk...even if they are expired! We will get them to our military families in need.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		MENU SUBJECT TO CHANGE WITHOUT NOTICE	1 Broccoli Cheddar Bake Turkey Cran-Apple Sandwich Tomato Soup	2 Turkey a la King Roast Beef Sandwich Mushroom Soup
5 Hamburger Ham & Swiss Sandwich Tuscan Bean Soup	6 Pork Rib w BBQ Sauce Grilled Chicken Sandwich Carrot Bisque	7 Turkey & Cranberry Sauce Roast Beef Sandwich Corn Chowder	8 Baked Pork Tuna Salad Sandwich Butternut Squash Soup	9 Chicken Cacciatore Roasted Veg Sandwich Cheddar Cauliflower Soup
12 Chicken Nuggets Egg Salad Sandwich Vegetable Soup	13 Baked Chicken Turkey Gobbler Sandwich Split Pea Soup	14 Fish w Lemon Dill Sauce Tarragon Chicken Salad Sandwich Bean Soup	15 <i>HOLIDAY SPECIAL</i> Roasted Lamb, Red Bliss Potato, Garlic Green Beans Potato Leek Soup	16 Beef Stew Turkey & Cheese Sandwich Minestrone Soup
19 Turkey Divan Roast Beef Sandwich Vegetable Soup	20 Beef Chili Cuban Sandwich Cream of Spinach Soup	21 Pork, Apples, Onions Chicken Caesar Salad Wrap Kale & White Bean Soup	22 Herbed Chicken Tuna Salad Sandwich Carrot Bisque	23 Chicken Stew Grilled Chicken Sandwich Cheddar Cauliflower Soup
26 CLOSED	27 Orange Chicken Roast Beef Sandwich Split Pea Soup	28 Meatloaf Pork Sandwich Cream of Spinach Soup	29 Hot Dog Deviled Egg Salad Sandwich Butternut Squash Soup	30 Potato Crunch Fish Grilled Chicken Sandwich Potato Leek Soup



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- Short-Term Rehabilitation
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- Respiratory Services

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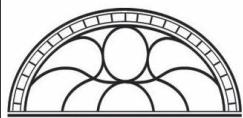


SENIOR CENTER HOURS

MON, TUE & THUR 8:30 a.m. to 3:00 p.m. WED 9:30-3:00 FRIDAY 10:00 a.m. to 3:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			8:45 Total Senior Fitness 10:00 Cardio/Toning Class 1 11:00 Osteo Exercise Closed 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 9:45 ZUMBA beginning in JAN 2 10:00 Scrabble 11:30 Lunch 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 5 9:45 Zumba Gold 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge CLOSED 12:30 Shopping Mkt Basket 12:30 Poker League	8:30 Mah Jongg 6 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Stop & Shop 12:45 Bingo 2:00 Tai Chi	9:30 Walking Group 7 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 1:00 Chair Yoga 7:00 Cribbage Club	8:45 Total Senior Fitness 8 10:00 Cardio/Toning Class 11:00 Osteo Exercise Closed 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 9 9:45 ZUMBA beginning in JAN 10:00 Scrabble 11:30 Lunch 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 12 9:45 Zumba Gold 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge CLOSED 12:30 Shopping Mkt Basket 12:30 Poker League	8:30 Mah Jongg 13 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Stop & Shop 12:45 Bingo 2:00 Tai Chi	9:30 Walking Group 14 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 1:00 Chair Yoga 7:00 Cribbage Club	8:45 Total Senior Fitness 15 10:00 Cardio/Toning Class 11:00 Osteo Exercise Closed 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 16 9:45 ZUMBA beginning in JAN 10:00 Scrabble 11:30 Lunch 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 19 9:45 Zumba Gold 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge CLOSED 12:30 Shopping Mkt Basket 12:30 Poker League	8:30 Mah Jongg 20 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Stop & Shop 12:45 Bingo 2:00 Tai Chi	9:30 Walking Group 21 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 1:00 Chair Yoga 7:00 Cribbage Club	8:45 Total Senior Fitness 22 10:00 Cardio/Toning Class 11:00 Osteo Exercise Closed 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 23 9:45 ZUMBA beginning in JAN 10:00 Scrabble 11:30 Lunch 12:30 Poker League 12:45 NO BINGO <u>CLOSED AFTER LUNCH</u>
<u>CLOSED</u> 26	8:30 Mah Jongg 27 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Stop & Shop 12:45 Bingo 2:00 Tai Chi	9:30 Walking Group 28 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 1:00 Chair Yoga 7:00 Cribbage Club	8:45 Total Senior Fitness 29 10:00 Cardio/Toning Class 11:00 Osteo Exercise Closed 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 30 9:45 ZUMBA beginning in JAN 10:00 Scrabble 11:30 Lunch 12:30 Poker League 12:45 Bingo

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Swampscott Council on Aging, Swampscott, MA 06-5179

The Golden Years—Time on Our Hands Mel Kiley, Writers Club

When I hear the word golden, I think of the golden years of our lives. Just what does this mean, the golden years? To me, during the golden years, we now have time and flexibility. To have time to sit in our kitchens with the sunshine pouring in and sipping our delicious coffee while watching our favorite news program. To enjoy time having lunch with an old friend or taking a nap around 2:00pm. No more deadlines, just flexibility and time.

The golden years usually occur after retirement where we can stop and smell the roses: that is if we are enjoying good health. If we are enjoying good health, then we are blessed. So often, it is during this time in our lives when illnesses plague us; just when we thought all is well. God willing, we will recover from any of these sicknesses and be able to enjoy our grandchildren. This is often the time we downsize and move to a smaller home or condo. We de-clutter our lives.

We realize during these golden years life can have more meaning. I've learned that kind words and good deeds are eternal. You never know where their influence will end. Keep looking ahead. There are still so many good books to read, sunsets to see, friends to visit and old dogs to take a walk with. We might have a plan, but only God can see the big picture. I have learned that I don't feel my age as long as I focus on my dreams instead of my regrets. So get to it—start enjoying these wonderful golden years and use Estelle Getty, known as Sophia, the matriarch in the program "The Golden Girls" as your role model.

Better still, when you are ordering your coffee at Dunkin Donuts, mention you would like a senior discount and the young clerk behind the cash register just smiles and says "sure".

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 _____

Holiday Happenings From the Swampscott Recreation Dept



- **December 3rd**
Breakfast with Santa
9:00—11:00am at the Senior Center
- **December 10th**
Holiday Festival and Skating at Town Hall
Music, Ice Skating, Tree Lighting, Gingerbread House Display
12:00pm—9:00pm at Town Hall
- **December 12th**
Swampscott Police Association Holiday Parade
5:30 (SHS, Essex, Burrill, Paradise, Salem, Humphrey, Town Hall)
- **December 31st**
1st Night Swampscott
2:00—6:00pm, SHS



*Our entire staff would like to wish
all of our friends at the senior center
a wonderful, happy and healthy
holiday season!*