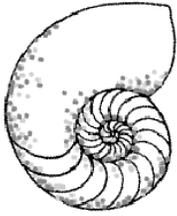


Swampscott Senior Center



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

MAY 2017

TELEPHONE. 781-596-8866/781-581-1726

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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Hi Everyone!

As I write this note to all of you, I am hopeful that the air is warmer, the sun is shining, and the skies are blue. Opening day for the red sox's was a huge success. Thanks to all of your support the Swampscott Senior Center was able to make a \$510.00 to the Jimmy Fund.

The staff is busy planning "summertime" activities that we hope will appeal to all of you. There will be a BBQ, an ice cream sundae social, lunch outings, and perhaps a drive along the shoreline. Beginning on Friday June 1, the Center will be opening at 9:00am and closing at 12:00 – after lunch. Bingo will be played in the morning beginning at 9:30.

We will be honoring our volunteers in June. Without our many volunteers we would not be able to do much of what we do. Volunteers play such an important role here at the Center and we appreciate the many hours of time they GIVE to us. We are so thankful to them.

Enjoy the fresh air and warmer temperatures to come, we all look forward to our beautiful flower gardens to bloom.

Best,

Susan

Our writers are a very talented bunch. This month, we feature R. Kaufman.

Reflections

She sits at the dressing table, gazing intently into the mirror
 Performing her hair, she searches for the gray
 sneaking into her rich chestnut.
 He stands quietly in the doorway of their bedroom
 watching her
 He loves watching her.

Tsking at the creases in her once smooth skin, she frowns.
 He smiles remembering the first time he saw her.
 She took his breath away.

Applying cream to her aging neck, crow's feet, and laugh
 lines, she sighs.

The reflection in his eyes sees the young bride of
 many ears ago, innocent and eager, with a smile that still
 makes his heart leap.

She gets up from her chair, ready for bed.
 They gently kiss goodnight. To him, she still looks
 perfect...as if Degas
 Satisfied, has just laid down his palette.

**If you are having difficulty reaching us,
please try our alternative phone number**

781-581-1726.

**Thank you to all of your generous donations
at our Red Sox Opening Day Celebration, we
raised \$510 for the Jimmy Fund. Great Work!!**

GO RED SOX!!

Lowell Mills National Park Trip

On Wed, June 28th, we will take a trip to Lowell Mills. The cost is \$17 which includes a 90-minute trolley ride and canal tour, as well as museum admission. We will tour the cotton mills and hear a bit of history of Lowell. We will have lunch at a local restaurant. This is not included in the price. We will leave Swampscott at 8:30 and return around 3:30pm. Please call to sign up or for more information.

EVITA at the North Shore Music Theatre

While it may seem so far away, it will be here before you know it! We are going to see Evita on Wednesday, September 27th at 2:00. Tickets are \$48 and the bus is \$5. Seats are limited and fill up fast. Please sign up soon.

FOXWOODS - May 2nd

The Swampscott Senior Center has scheduled a trip to Foxwoods on Tuesday, May 2nd. The bus will leave the Essex Street side of the Stop & Shop at Vinnin Square no later than 7:00 am. Please plan on being there at 6:45am. 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 to save your seat. *(package is subject to change).*

New 5-Week Art Class

We will be offering another art class with the fabulous Anne Bowen. Fridays from 9:30-12:00pm beginning on April 28th and running through May 26th. Anne uses various mediums and all skills are welcome. The cost is \$35.00

Summer BBQ—Mark your Calendars! - June 15th

We will be hosting a summer kickoff BBQ on Thursday, June 15th. More information will be coming out soon. Bring on the sun and fun!!

SENIOR FITNESS CLASS NOW OPEN

Spots have opened up in our Senior Fitness class on Thursdays at 8:45. This is an overall fitness class and a wonderful way to build muscle and get moving! Please call to sign up!

SHINE COORDINATOR

Every Tuesday. Please call for an appointment.

BUS SERVICE

Our bus service picks seniors up at their homes and safely transports them to the center for a small fee. We offer shopping trips to the Market Basket on Monday and Thursday, Stop & Shop on Tuesday and shops in Vinnin Square on the 1st and 3rd Wednesday of the month.

OUR NEWSLETTER IS ON LINE

Go to www.town.swampscott.ma.us. Click on Town Departments and select Council on Aging. Under Additional Links select COA Compass Newsletters.

FIRE EVACUATION PROCEDURES

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.

CRIBBAGE

This friendly group gets together from 1-3pm on Wednesday to play cribbage—just for the fun of it.

BLOOD PRESSURE

Come in and have a Registered Nurse take your blood pressure. Every Tuesday and Thursday.

POKER LEAGUE

Meets from 12:30 to about 4pm Mon, Wed, Fri. They are always looking for more poker players. Come on in! New players should try our Wednesday group.

KNITTING

A very social group that meets from 12:30-3pm on Wednesdays. All skill levels are welcome.

Candy

We are in need of candy donations. Please leave donations with someone at the front desk. We greatly appreciate it.

WALKING GROUP—Let's GO!!

We walk 4 times around the building (1 mile) on a lovely path. Call us before you come in on rainy days!

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Meatballs w Country Gravy Ham & Cheese Sandwich Mixed Green Salad</p>	<p>2 Apricot Glazed Chicken Egg Salad Sandwich Garden Salad</p>	<p>3 Hot Dog Turkey Waldorf Sandwich Spinach Salad</p>	<p>4 Lasagna Chicken Pesto Sandwich Caesar Salad</p>	<p>5 Sweet Potato Pollock Roast Beef Sandwich Greek Salad</p>
<p>8 Chicken Curry Tuna Salad Sandwich Mixed Green Salad</p>	<p>9 Pot Roast w Mashed Potato Roasted Veggie Wrap Chef Salad</p>	<p>10 Pork Ragout w Pasta Chicken Salad Sandwich Spinach Salad</p>	<p>11 Mother's Day Special Stuffed Chicken Au gratin Potato Strawberry Shortcake</p>	<p>12 Oven Fried Chicken Turkey Gobbler Sandwich Garden Salad</p>
<p>15 Beef Burgandy Turkey Cranberry Apple Sandwich Spinach Salad</p>	<p>16 Pollock and Cheese Chicken Caesar Wrap Mixed Green Salad</p>	<p>17 Chicken Pot Pie Roast Beef Sandwich Greek Salad</p>	<p>18 Stuffed Shells Turkey & Cheese Sandwich Garden Salad</p>	<p>19 Pork Rib-B-Q Grilled Chicken Sandwich Caesar Salad</p>
<p>22 Chicken Marsala Roast Beef Sandwich Caesar Salad</p>	<p>23 Sweet & Sour Meatballs BBQ Chicken Wrap Spinach Salad</p>	<p>24 Roast Beef w Gravy Ham & Cheese Sandwich Garden Salad</p>	<p>25 Breaded Pollock Chicken Pesto Sandwich Mixed Green Salad</p>	<p>26 Chicken Tenders Deviled Egg Sandwich Chef Salad</p>
<p>29 CLOSED</p>	<p>30 Chicken w Winter Veggies Tuna Sandwich Mixed Green Salad</p>	<p>31 Meatball Sub Turkey & Cheese Sandwich Garden Salad</p>		



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
9:00 Mah Jongg 1 9:45 Zumba 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 2 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 1:00 Beginner Tai Chi 2:00 Tai Chi	9:30 Walking Group 3 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 4 10:00 Cardio/Toning Class 11:00 Osteo Exercise Closed 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 5 9:30 Art 9:45 ZUMBA 11:30 Lunch 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 8 9:45 Zumba 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 9 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 1:00 Beginner Tai Chi 2:00 Tai Chi	9:30 Walking Group 10 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 11 10:00 Cardio/Toning Class 11:00 Osteo Exercise Closed 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 12 9:30 Art 9:45 ZUMBA 11:30 Lunch 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 15 9:45 Zumba 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge CLOSED 12:30 Shopping Mkt Basket 12:30 Poker Leag	8:30 Mah Jongg 16 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 1:00 Beginner Tai Chi 2:00 Tai Chi	9:30 Walking Group 17 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 18 10:00 Cardio/Toning Class 11:00 Osteo Exercise Closed 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 19 9:30 Art 9:45 ZUMBA 11:30 Lunch 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 22 9:45 Zumba 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 23 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 11:00 Blood Pressure 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Beginner Tai Chi 2:00 Tai Chi	9:30 Walking Group 24 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 25 10:00 Cardio/Toning Class 11:00 Osteo Exercise Closed 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 26 9:30 Art 9:45 ZUMBA 11:30 Lunch 12:30 Poker League 12:45 Bingo
CLOSED 29	:30 Mah Jongg 30 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 11:00 Blood Pressure 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Beginner Tai Chi 2:00 Tai Chi	9:30 Walking Group 31 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		

As the temperatures begin to rise and the days become longer, spring is in the air. This time of year beckons blooming flowers, chirping birds and a little cleaning. Consider these tips to refresh a senior home this spring.

1. Plan it

Too often people may begin a project without really planning it out, which can lead to chaos. Spring cleaning is the same way. Before you and a loved one get down to business, it's important to create a schedule, Caregiver Stress suggested. Depending on how much you have to do, you may want to break up the cleaning into a few weekends, or you could do it all in one day. Regardless of how you break it up, developing an efficient schedule that everyone is on board with can make the process a lot easier.

2. Make a to-do list

According to One Call Medical Alert, writing out a list of all the tasks that need to get done can make things go more smoothly. These duties may include taking expired food out of the fridge, organizing closets or just doing loads of laundry. There may also be certain jobs that involve keeping your loved one safe. Consider looking through your senior's medicine cabinet, checking light bulbs and reducing tripping hazards to prevent any accidents from happening. It also may be time to install certain products designed to help seniors around the home, such as grab bars.

3. Consider all types of jobs

Spring cleaning doesn't mean you just need to clean. It's time for a complete assessment, involving health care and finances too. Address the areas that appear to

be the most problematic first, whether it's a cluttered bedroom or an unpaid pile of bills. Then take on more minor issues that aren't as dire. Handling all the current worries can put you and your loved one at ease.

4. Recruit friends and family

Sometimes spring cleaning can't be done with just two people. Contact any family members, neighbors or friends to see if they're available and willing to help, Synergy Home Care advised. Having extra hands can make the process go more quickly and efficiently. If no one has the time, consider hiring professional cleaners or a few neighborhood teens.

5. Give your senior purpose

Not all spring cleaning tasks, such as lifting items, can be done by older adults. However, don't keep them out of the process. Instead, ask them to complete duties that fit their needs. Jobs such as organizing shoes or sorting books are not too demanding and will give your loved ones a feeling of purpose. You should also ask their opinion when planning to throw out or give away items to make them feel involved and avoid conflict. As an added bonus, you'll get more done in a shorter amount of time.

6. Look toward the future

Once all tasks are accomplished, try to set some ground rules for the future with your loved one. Discuss easy ways to pay bills on time, such as setting up automatic payments. You can also go over methods of organization or reminders to take medication. That way, you can ensure that your work will not go to waste in the future. It'll also make next year's spring

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 _____