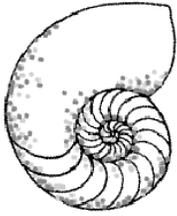


Swampscott Senior Center



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

JUNE 2017

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200R ESSEX STREET, SWAMPSCOTT, MA 01907

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Dear friends and family members,

June is finally here. We certainly had a gray spring. It did not deter people from coming here but we were glad to see the sunshine and the spring flowers. It is always a pleasure to host our Volunteer luncheon. We have about 45 volunteers and it is their dedication that helps makes us a warm and friendly senior center.

As usual, Chef Paul did a delicious luncheon and everyone enjoyed seeing each other again. After all some only come once a week. Some do morning activities. Others do lunch or afternoon activities and there are several evening groups. We have expended our programing to such an extent that we are often busy from opening to closing each day. I'm thrilled to have a Chess group and hope that Backgammon catches on for Friday morning.

We are about to celebrate our tenth year at 200R Essex Street. We arrived with bingo, osteo exercise, stretch and tone, bridge, men's club and lunch. Today we have eleven exercise programs. We teach Mah Jongg, chess, cribbage, bridge, writing, art, yoga, and Tai Chi. Last year we had 962 people go shopping and we served over 1,000 lunches. We offer trips to lunch, cultural venues, and to Foxwoods. This month a group is heading to the Lowell Heritage area to see the History of Textiles in America. There is a trip to the theater approaching in September. We had a closing event for both our intergenerational projects.

The seniors who participated in the oral history project arrived at the Clarke School on June 2 around 1pm to view the slide show of their interviews which had been written and produced by the 4th grade leaders. Everyone had a wonderful time. On June 7. Ms. Lawler's fourth grade class came to the center for a meet and greet with their pen pal. Three letters had been exchanged during the year. It is always exciting to see the immediate connection that those letters produce. Kids and seniors had a bag lunch and then played a few games of BINGO to round off the meeting.

June 15 will be our annual barbeque. Please sign up by June 7 so that we have sufficient food for all. The cost will be \$3. The Friends of the Swampscott Senior Center will be hosting a lobster roll or chicken salad roll luncheon on August 27 details to follow.

Remember to read our newsletter and our events board to keep updated on what's happening here at the Swampscott Senior Center. On behalf of the staff a thank you to all who come down to the center. You have made this a place to meet new friends, learn new skills and your thoughts and ideas help us plan new events or classes. Enjoy our beautiful town and the summer weather.

Marilyn

New Policy for Trips & Activities including Foxwoods

Going forward all trips and activities must be paid for at the time of sign up in order to reserve a spot.

NEW Mah Jongg Lessons

Beginning on June 19th, we will hold a 13 week Mah Jongg class on Monday's at 9:00am. The cost is \$25.00 for the class, \$8.00 for a game card. Please sign up at the front desk.

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 - Thursday July 13th

The Swampscott Senior Center has scheduled a trip to Foxwoods on **Thursday, July 13th**. 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.

Golf Anyone?

A small group of seniors meet to play 9 holes of golf on Mondays at 9:30am at Cedar Glen Golf Course in Saugus. If you are interested in joining them, please call the senior center.

Summer BBQ— 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!!

Friday Zumba Update

Friday, June 28th will be the last Friday Zumba until the fall.

Senior Fitness Class Now Open

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!

5 Week Art Class—Tuesdays 2:45-4 Beginning 6/13

Join our art class for creativity and conversation. We'll have fun experimenting with different mediums and techniques to make one-of-a-kind works of art. You are always welcome to bring your own supplies, work independently and enjoy the company! No experience necessary.

NEW! Qigong - Asian Exercises Tuesdays 1:00PM

Qigong is an energy practice using specific hand and body movements to enhance the sensitivity of Qi (energy) cultivation. It's primarily practiced for personal health and healing. Gentle guided movements with breath control helps you go along your way with your day.

Combined with the Tantric practice of yoga, focused attention, and controlled breathing, practitioners of Qigong around the world have been known to obtain amazing health and immortality hence the devotional practice of the Devine.

CHANGE-Tai-Chi Chuan For Everyone Tuesdays 2:00PM

conditions have benefited by practicing this fascinating art form! This class is a multi-level basic program constructed to guide you through all aspects of traditional Tai-Chi Chuan including balance, posture, and body control. It is led by certified instructor Nicanor Snow (Kampa). Prepare yourself to take on this insightful martial arts tradition and challenge yourself on how to practice Tai-Chi at home!

Backgammon Seeking New Players

What a fun group! They meet on Fridays from 10:30-12:30. Come join them!

CRIBBAGE

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

SHINE COORDINATOR

Every Tuesday. Please call for an appointment.

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., and 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.

WALKING GROUP—Grab Some Hand Weights!

We walk 4 times around the building (1 mile) on a beautiful paved path. We also offer hand weights. Want to do 2...no problem! Call us before you come in on rainy days.

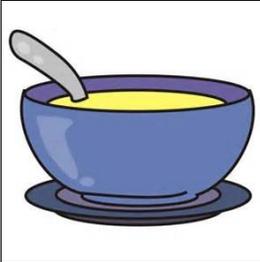
Candy

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

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Roast Turkey w Gravy or Ham & Cheese Sandwich & Caesar Salad	2 Honey Lime Chicken or Turkey & Cheese Sandwich & Garden Salad
5 Chicken Mirabella w Pasta Or Ham & Cheese Sandwich & Spinach Salad	6 Meatloaf w Gravy Or Turkey, Ham & Cheese Sandwich & Garden Salad	7 Hot Dog Or Turkey Waldorf Salad Sandwich & Mixed Green Salad	8 Chef Salad w Turkey Or Chicken Pesto Sandwich & Chef Salad	9 Garlic Chicken Or Roast Beef Sandwich & Caesar Salad
12 Roast Beef w Mushrooms Or Grilled Chicken Sandwich & Greek Salad	13 Stuffed Shells Or Turkey, Ham & Cheese Sandwich & Garden Salad	14 Tarragon Chicken Salad Or Tuna Sandwich & Spinach Salad	15 Fathers Day Special BBQ Pulled Beef Mac and Cheese Baked Beans Fruit Crisp	16 Lemon Citrus Chicken Or Turkey Gobble Sandwich & Mixed Green Salad
19 Egg & Cheese Croissant Or Turkey Cran-Apple Salad Sandwich & Spinach Salad	20 Meatball Sub Or Chicken Caesar Salad Sandwich & Garden Salad	21 Roast Turkey w Gravy Or Roast Beef Sandwich & Caesar Salad	22 Tuna Salad Or Turkey & Cheese Sandwich & Mixed Green Salad	23 Chicken Fajita Or Grilled Chicken Sandwich & Greek Salad
26 Hamburger Or BBQ Chicken Sandwich & Caesar Salad	27 Grilled Herbed Chicken Or Roast Beef Sandwich & Spinach Salad	28 Chicken w Sauce Or Ham & Pineapple Salad Sandwich & Garden Salad	29 Chicken Pot Pie Or Chicken Pesto Sandwich & Mixed Green Salad	30 Sweet & Sour Pork Or Deviled Egg Salad Sandwich & Chef Salad



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
 <h1 style="font-family: cursive; font-size: 2em; margin-top: 10px;">Fun for Seniors</h1>			8:45 Total Senior Fitness 1 10:00 Cardio Class Closed 11:00 Osteo Exercise 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 Bridge ACBL Open Game 6:30 Duplicate Bridge	9:00 Tap Dancing 2 9:30 Art 9:45 Bingo 9:45 ZUMBA 11:30 Lunch 12:30 Poker League ** Closed after lunch
9:00 Mah Jongg 5 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 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 12:45 Advanced Beginner Bridge 1:00 Qigong Asian Exercise 2:00 Tai Chi for Everyone	9:30 Walking Group 7 10:00 Creative Writing 10:30 Yoga, 11:30 Lunch 12:30 Poker League 12:30 NO SHOPPING TODAY 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 8 10:00 Cardio Class Closed 11:00 Osteo Exercise 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 Bridge ACBL Open Game 6:30 Duplicate Bridge	9:00 Tap Dancing 9 9:30 Art 9:45 Bingo 9:45 ZUMBA 11:30 Lunch 12:30 Poker League ** Closed after lunch
9:00 Mah Jongg 12 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 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 12:45 Advanced Beginner Bridge 1:00 Qigong Asian Exercise 2:00 Tai Chi for Everyone 2:45 Summer Art Class 5 weeks	9:30 Walking Group 14 10:00 Creative Writing 10:30 Yoga, 11:30 Lunch 12:30 Poker League 12:30 NO SHOPPING TODAY 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 15 10:00 Cardio Class Closed 11:00 Osteo Exercise 11:00 Blood Pressure 11:30 Lunch GLSS BBQ* 12:30 Shopping Mkt Basket 12:30 Bridge ACBL Open Game 6:30 Duplicate Bridge <i>*Tickets required for BBQ</i>	9:00 Tap Dancing 16 9:30 Art 9:45 Bingo 9:45 ZUMBA 11:30 Lunch 12:30 Poker League ** Closed after lunch
9:00 Mah Jongg 19 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 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 12:45 Advanced Beginner Bridge 1:00 Qigong Asian Exercise 2:00 Tai Chi for Everyone 2:45 Summer Art Class 5 Weeks	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 7:00 Cribbage Club	8:45 Total Senior Fitness 22 10:00 Cardio Class Closed 11:00 Osteo Exercise 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 Bridge ACBL Open Game 6:30 Duplicate Bridge	9:00 Tap Dancing 23 9:30 Art 9:45 Bingo 9:45 ZUMBA 11:30 Lunch 12:30 Poker League ** Closed after lunch
9:00 Mah Jongg 26 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 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 12:45 Advanced Beginner Bridge 1:00 Qigong Asian Exercise 2:00 Tai Chi for Everyone 2:45 Summer Art Class 5 weeks	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 7:00 Cribbage Club	8:45 Total Senior Fitness 29 10:00 Cardio Class Closed 11:00 Osteo Exercise 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 Bridge ACBL Open Game 6:30 Duplicate Bridge	9:00 Tap Dancing 30 9:30 Art 9:45 Bingo 9:45 ZUMBA 11:30 Lunch 12:30 Poker League ** Closed after lunch

Tips for Seniors Regarding Medicine

From North Shore Physicians Group

Be Particularly Careful With Medicines

While everyone needs to be careful about taking medications, older adults need to be even more careful.

This is because:

- Older people often take more medicines than younger people.
- Older people may react differently to medicine.

Problems

Two of the biggest problems older people have with medicines are:

- Reactions from mixing two or more drugs in the body, called “drug interactions.” A drug interaction can cause side effects, such as a rash, stomach upset or sleepiness.
- Getting too much of one medicine, called “drug overdose”. This also causes side effects.

Older people are more likely to have side effects from drug overdoses because:

- They are more likely to take a number of different drugs.
- Their bodies use food and drugs slowly. This means that it may take longer for a drug to start working. Drugs also stay in their bodies longer. This can cause too much of the medicine to be in the body.

“Start slow and go” is good advice for seniors when taking medications. This means starting at the lowest dosage, and if this isn’t effective, increasing dosage slowly.

Our writers are a talented bunch! This month we feature Amy Lockerbie Smith.

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 _____

TESTAMONIAL

I’m Nobody

In the Sunset of my life

I ask myself

What great things have I done

So when my Maker asks

I’ll have to admit it—diddly-squat

I’ve been good

Well, most of the time

I’ve never been arrested

BUT

I’ve never rescued anyone

From a fire or from drowning

Or from any other pickle

I CAN make a great chowder

Who are you

Are you nobody too

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

781-581-1726.