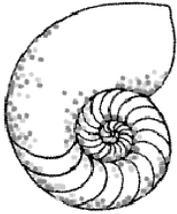


Swampscott Senior Center



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

SEPTEMBER 2017

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

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

Chairperson: Marilyn Cassidy	Norma Freedman
Mary Cobbett	William Hyde
Ruth Iarrobino	Judee Cyr
Peter McNerny	Robert Powell

STAFF

DIRECTOR: Marilyn Hurwitz, **ASST DIRECTOR:** Susan Pierce
OUTREACH WORKER: Gina Bush
ACTIVITIES COORDINATOR: Anne Quagrello
OFFICE ASSISTANT: Dorothy Kitoski, Diane Reynolds
DRIVERS: Emery Richard and Ed Kitoski, Ken Avery , Howie Conley
GLSS Site Mgr: Helen Richard

Hello friends, family members, neighbors,

What a busy summer we had at the Senior Center. From the barbeques to the Bocce competitions as well as our many daily activities, we had many people participating and enjoying the center. A thank you, to the *Friends of the Swampscott Senior Board* for hosting a lobster roll summer luncheon. The group has helped us enhance our offerings and provides us with many events and purchases.

I would like to mention a few groups that have grown and a few classes that will start in the fall. Chess Club has had a successful beginning and we welcome all those who played to return as the summer ends. Rummy cue on Tuesday morning has grown and will soon need an additional room. Monday afternoon gin rummy is still looking for a few new players. Classes for the fall will include but may not be limited to the following mahjongg, canasta, art, and bridge. Read the compass for special events and day trips as they are planned monthly.

September is Senior Center Month or Council on Aging Month nationally and we will assist with a fund raiser to continue support for The *Friends of the Swampscott Senior Center*. September will also host the first in a series of informational seminars on senior issues. The topic will be aging with dignity. Details will follow. This is part one of a GLSS Capacity

Building Grant awarded to our center. Gina and Marilyn will coordinate minimally four events or lectures during the year. When we have more specifics I urge you all to sign up.

We are delight to welcome the *Delvena Theater Troupe* back to the center on Saturday October 14. They will present a play about *Mae West*. We will also have a catered luncheon from our favorite Chef Paul. Tickets are \$10 and 70 will be the limit for seats. I urge you to continue to speak to others about this center. We are always looking for new members and new ideas. I am also happy to inform you that Gina Bush will be here five days a week starting in September this will enhance programming and improve staff coordination. See you in the center.

-Marilyn.

September is National Council on Aging Month. Be on the lookout for some fun events this month!

September 10th is National Grandparents Day! Be sure to do something special with those grandkids. ease park only in the yellow parking spots labeled SC.

Fall Luncheon and Theatre Show

Delvena Theatre Presents Mae West at the Senior Center: Saturday, October 14th at 12:45pm
We will host a luncheon with Chef Paul before the show at 11:45am. Please sign up and pay at the front desk. \$10

FOXWOODS - Thursday September 14th

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. Please pay and provide an emergency contact at the time of sign up.

Men's Club is Back! - Thursday September 14th

Come meet the captains of the 2017 Big Blue Football team along with Head Coach Bob Serino and Athletic Director Kelly Farley. Lunch from Periwinkles and conversation with great friends. \$7.00 Please sign up at the front desk. 781-596-8866 (note: Men's Club will be every other month on the 3rd Thursday - we are holding it the 2nd Thursday this month due to a holiday.

Still Life Drawing Course

Anne Bowen will offer basic drawing techniques and helpful critiques in this fun and friendly five week course. Fridays from 9:30-11:30am beginning October 6th. \$35—Please sign up at the front desk.

New Canasta Class

Have you been thinking of trying your hand at Canasta? Join us for a new class on Tuesdays from 10:00-12:00pm for 6 weeks beginning on October 10th. The cost is \$40. Please sign up and pay at the front desk.

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.

Candy

Thank you for your continued generosity with candy donations. We really appreciate it.

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.

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

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).

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

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.

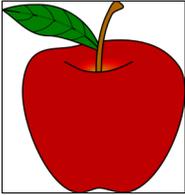
WALKING GROUP—Wednesdays at 9:30. We walk 4 times around the building (1 mile) on a beautiful paved path. We also offer hand weights. Want to do 2 laps... no problem! Call us before you come in on rainy days.

Foot Doctor

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

Our Newsletter is Online

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Stew Or Egg Salad Sandwich w/ Greek Salad
4 Labor Day CLOSED	5 Stuffed Shells Or Ham Salad Sandwich w/ Garden Salad	6 Baked Pork Or Roast Beef & Provolone Sandwich w/ salad	7 Roast Beef w/ Gravy Or Turkey Waldorf Salad Sandwich w/ Salad	8 Lemon Chicken Or Chicken Pesto Sandwich w/ Caesar Salad
11 Honey Mustard Chicken Or Grilled Chicken Sandwich w/ Mixed Greens	12 Turkey w/Gravy & Mashed Potato Or Ham & Cheese Sandwich w/ Salad	13 Tuna Salad Or Cuban Sandwich w/ Salad	14 Meatball Sub Or Turkey Gobbler Sandwich w/ Salad	15 Chicken Fajita Or Tuna Sandwich w/ Salad
18 Hamburger Or Ham & Cheese Sandwich w/ Chef Salad	19 Chicken Pot Pie Or Turkey & Swiss Sandwich w/ Salad	20 Beef Chimichurri Or Roast Beef Sandwich w/ Garden Salad	21 September Special Chicken Parmesan Fettuccini Noodles Zucchini & Summer Squash Baked Dessert	22 Sweet & Sour Pork Or BBQ Chicken Sandwich w/ Salad
25 Egg & Cheese Croissant Or Roast Beef & Provolone Sandwich w/ Spinach Salad	26 Teriyaki Meatballs Or Grilled Chicken Sandwich w/ Greek Salad	27 Cheese Ravioli Or Tuna Sandwich w/ Mixed Green Salad	28 Orange Chicken Or Egg Salad Sandwich w/ Salad	29 American Chop Suey Or Tarragon Chicken Salad Sandwich w/ Caesar Salad



SENIOR CENTER HOURS

MON, TUE & THUR 8:30 a.m. to 3:00 p.m. WED 9:30-3:00 FRIDAY 9:00am—12:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:00 Tap Dancing 1 9:45 Bingo 10:00 Bocce 10:30 Backgammon 11:30 Lunch 12:30 Poker League ** Closed after lunch
LABOR DAY CLOSED 4	8:30 Mah Jongg 5 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 6 10:00 Creative Writing 10:30 Yoga, 11:30 Lunch 12:30 Poker League 12:30 Shopping Vinnin Sq 1:00 Chair Yoga 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 7 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 12:30 Chess 6:30 Duplicate Bridge	9:00 Tap Dancing 8 9:45 Bingo 10:00 Bocce 10:30 Backgammon 11:30 Lunch 12:30 Poker League ** Closed after lunch
9:00 Mah Jongg 11 9:45 Zumba 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge CLOSED 12:30 Gin Rummy 12:30 Shopping Mkt Basket 12:30 Poker League	8:30 Mah Jongg 12 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 13 10:00 Creative Writing 10:30 Yoga, 11:30 Lunch 12:30 Poker League 12:30 Shopping Vinnin Sq 1:00 Chair Yoga 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 14 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 12:30 Chess 6:30 Duplicate Bridge	9:00 Tap Dancing 15 9:45 Bingo 10:00 Bocce 10:30 Backgammon 11:30 Lunch 12:30 Poker League ** Closed after lunch
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9:00 Mah Jongg 25 9:45 Zumba 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge CLOSED 12:30 Gin rummy 12:30 Shopping Mkt Basket 12:30 Poker League	8:30 Mah Jongg 26 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 27 10:00 Creative Writing 10:30 Yoga, 11:30 Lunch 12:30 Poker League 12:30 Shopping Vinnin Sq 1:00 Chair Yoga 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 28 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 12:30 Chess 6:30 Duplicate Bridge	29 

Thank You

We would like to thank Swampscott resident Brian Murphy from Crown Trophy for his continued support of our center. His generosity is greatly admired and appreciated. Thank you!

We would also like to thank John and Linda and Linda Hinchey for all of the time and effort they have put in to maintaining our lovely garden.

AND thank you to our Friends group for continuously purchasing these wonderful plants.

We are so very lucky to be a part of this wonderful community.

Welcome Back SHS!

Good luck to all of the students starting the new school year! We love our high school neighbors.

And go check out the new turf field for the Big Blue home opener on September 16th.

GO BIG BLUE!

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 _____

Hearing Care is Health Care

Our sense of hearing is fundamental to participating fully in life. It is what keeps us connected to those we love.

No one should be denied access to good hearing due to a lack of financial resources.

North Shore Hearing Foundation was started by Audiologist Joan McCormack to fulfill her passion to bring quality hearing care and devices to those who are under insured or of very low income.

Here at the Swampscott Senior Center, our Outreach Coordinator Gina Bush can help you complete the appropriate forms and walk you through the process of applying for these hearing aids. The hearing aids are not free, individuals must pay a small portion of the cost based on a sliding scale.

Please speak with Gina for further information, she is happy to help!

****There are still a few weeks left of the Swampscott Farmers Market. Check it out Sundays 10am-1pm on the town hall lawn.****