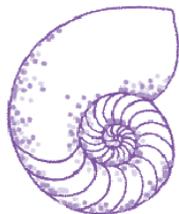


## Swampscott Senior Center



# 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: DON WESCOTT

DECEMBER 2014

781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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GLSS SITE MANAGER: Helen Richard

### WHEN TWO WORLDS MEET

God, but a moment before, had given her form and life. Crystal-line, she had been created from the water vapor in the Sky. Symmetrical and translucent, He had named her "Angelica" And sent her to earth on this day of days. "At Christmas," He had Said, "You will be welcomed."

Now she drifted earthward in the silence of the night, a Snowflake, piercing the darkness as she fell. At times, she Was lost in a swirling mass of icy forms, emerging now and Again to do regain her individually. Below, though the failing Snow, she searched out the gay-colored clusters of light That winked their iridescent pathways of welcome. A rectangle Of light, brighter than most, drew her closer and closer until She settled, clinging with icy fingers, to a frosted window pane, She peered inside:

Resplendent in the corner, dominating the Scene, was a tall Christmas tree. Standing on tip-toes, it Stretched to the ceiling, its star-cap tipped rakishly askance. Glittering brilliance reflected the shimmering tinsel and the various Colored lights as they danced their flickering pirouette round- And round the tre. Knelt beneath, as though in reverence, were The gift packages, hushed and still. Secrets bundled within Them they gathered as though in humble obeisance about the base of the tre. Before the fireplace, the mother sat entranced As she basked in the radiance of familial intimacy. On the floor, Prostrated on the rug, the children lay, their minds racing with Rapture of anticipation. The father, surveying the scene, puffed Smoke-signals of contentment from the bowl of his pipe. In a Reverie of contemplation, he was thinking, "There is so much For which I have to be thankful." Outside at the frosted pane, Absorbing the warmth of the scene within, Angelica thought: "Truly, this world that is so different from mine, is also one of Beauty! It too must be the handiwork of The Almighty."

The father's thoughts were spurred as he looked out The window and said, "How could even the snowflakes, there on The pane, have come into being without the King of Kings?"

Angelica clung against the window for one last moment As she grasped at the reflections of the Christmas tree lights, then she fell to the ground with a soft sigh. Laying there, In the quiet of the white-carpeted earth beside the home. She Listened as the singing voices from within drifted outside Through the window. They sang of a "White Christmas."

Written by Ted Vallas

### NEW CARDIO/TONE EXERCISE CLASS

Rachelle Bruzzese is starting a new cardio/ tone exercise class for Thursday's from 10:00 to 10:45. The class requires a minimum of eight people in order to begin. The cost per class is \$5.00. Contact the senior center if interested.

### MEET WITH THOMAS YOUNGER

Thomas Younger, our town manger will be at the Senior Center every month to meet with any Swampscott Senior, the next date is Tuesday, December 2nd from 11:00 am to 11:45 am. Contact the center if you would like a one on one meeting.

### MASON JAR SNOW GLOVES

Come and learn how to create a personalized snow globe, great for a holiday decoration or to give as a holiday present. Participants are welcome to bring a photo to put in the snow globe. Pictures must be able to be trimmed down to fit inside the jars. The cost is \$2.00. So come join us at the senior center on Monday, December 8th with Mande Michael, Director of Activities at Grosvenor Park. Contact the senior center for additional details.

## YOU GOTTA ACCENTUATE THE POSITIVE AND ELIMINATE THE NEGATIVE

And “Look out for Mr. In-Between.” That’s the beginning of an old song that we at the Swampscott Senior Center want to take very seriously. Can we – indeed should we – look for the positive in aging? There’s got to be more in getting old than just arthritis, visits to the doctor, or just another day feeling useless and unwanted? We want to find out the positive aspects of aging. The ones who could give us some answers are the long-lived people who frequent our senior center.

We do have many people over 85 coming through our doors, some over 100! They are truly a unique group. We are looking for volunteers from this group, ones over 85 who would like to take part in a survey of the art of living long - and living positively! Now what do we mean by positive? That’s a good question, and we hope to get the answers from the ones we survey.

We will enter into a discussion with our volunteers about their lives. We will compile conclusions and see if we can define positive aging. The survey will not disclose the names of the participants or collect personal facts such as Social Security Number. If you would like to participate and give out your ideas on living long and living positively, contact Bill Foley at 781 596-8866.

**Open enrollment to buy or change Medicare drug plans runs from October 15th to December 7th. Call the senior center at 781-596-8866 for information or to schedule an appointment. This is a chance for seniors to “comparison shop”: It costs you little time and may save you lots of money. Make your appointment NOW!**

### SWAMPSCOTT BAY, THE CREATION

I sit and look in wonder at the view before me. How do I tell the story of Swampscott Bay to someone who has never seen an ocean? Well let me try, though perhaps a silly notion.

The hungry, licking ocean came to Swampscott perhaps a hundred million years ago in the form of a huge glacier guided by a powerful wind from the north, and left to melt, or that’s what I felt when I saw it for the first time as a child.

Then huge Sea Serpents pushed the sand and rocks from the ocean bottom up to see the sun, and made a perfect half moon bay with an egg shaped rock to stand guard about a mile away.

Next came the fish, flat flounders, fat cod clapping clams and snappy lobsters, all imagined by.....Who? The gulls and the sea birds flew, and dropped seeds that grew into grass and trees. Then millions of years later “we” came, and now “we” sit and wonder at the beauty of it all. Written by Joan M. Clayman

**HAPPY HOLIDAYS TO ALL OF OUR SENIORS  
FROM THE STAFF OF THE SENIOR CENTER**

## Even with insurance, prescription Drugs can still be unaffordable!

High co-payments and gaps in coverage can make paying for prescription drugs very difficult. This is where Prescription Advantage can help. Prescription Advantage is a state-sponsored pharmacy assistance program available to Massachusetts residents age 65 and over and under 65 with disabilities.

Prescription Advantage does not replace your insurance; it supplements your coverage to help lower your out-of-pocket costs.

Prescription Advantage will supplement all insurances including Medicare Part D, Medicare Advantage plans and drug coverage you may receive from a former employer. Prescription Advantage also has benefits for seniors and disabled persons not eligible for Medicare.

To learn more about how you can lower your medication costs call Prescription Advantage today at: 1-800-AGE-INFO (1-800-243-4636) press 2. TTY 1-877-610-0241, or email at [www.mass.gov/elders](http://www.mass.gov/elders)

## **A Message from SHINE (Serving Health Insurance Needs of Everyone...on Medicare):**

### **The Affordable Care Act (Obama care) Exchanges and Medicare**

Much media attention is being focused on the Affordable Care Act and the deadline for people to enroll through the health insurance exchanges (also known as marketplaces). Medicare beneficiaries should be aware of the following:

The health insurance exchanges are for those who do not have health insurance and are NOT for Medicare beneficiaries

If you have Medicare A and B, you meet the requirement for health insurance

Medicare supplement plans and Medicare Advantage Plans are NOT sold through the health insurance exchanges.

In most cases, it is illegal to sell health insurance exchange policies to Medicare beneficiaries.

People who are already on Medicare do not need to re-enroll or get new Medicare cards.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. For more information, meet with a SHINE counselor. To make an appointment with the SHINE counselor here, please contact 781-596-8866. You may also call the Regional SHINE office at Mystic Valley Elder Services at 781-388-4845 or if you live on the North Shore, please call our satellite office at North Shore Elder Services at 978-750-4540.

## **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.**

Cost, \$2.00 per Meal

**COMMUNITY CAFÉ MENU**

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> Crispy baked fish Sweet potato wedges Italian blend vegetables WW bread Pudding ALTERNATIVE Ham &amp; Cheese Sandwich Vegetable Soup</p>	<p><b>2</b> Shepherd's pie Caesar salad/dressing WW bread Fresh fruit ALTERNATIVE Chicken Salad Sandwich Cream of Chicken Soup</p>	<p><b>3</b> Roast turkey/gravy Vegetable rice pilaf Capri blend veg. WW bread Cookie ALTERNATIVE Turkey &amp; Cheese Sandwich Tomato Soup</p>	<p><b>4</b> Baked ziti/tomato sauce Garden salad/dressing Italian bread Fresh fruit ALTERNATIVE Roast Beef Sandwich Cream of Mushroom Soup</p>	<p><b>5</b> BBQ pulled pork Rice and beans Spinach WW bread Fresh fruit ALTERNATIVE Egg Salad Sandwich Chicken Noodle Soup</p>
<p><b>8</b> Chicken/ broccoli alfredo Pasta Capri blend veg. Italian bread Pineapple ALTERNATIVE Tuna Salad Sandwich chicken Noodle Soup</p>	<p><b>9</b> Southern style cod filet Rice and beans Spinach salad/dressing WW bread Fresh fruit ALTERNATIVE Ham &amp; Cheese Sandwich Vegetable Soup</p>	<p><b>10</b> Pasta/meatballs Tomato sauce Cauliflower/red peppers WW bread Pudding ALTERNATIVE Roast Beef sandwich Cream of Chicken Soup</p>	<p><b>11</b> Cumin roasted pork Caesar salad/dressing Chipotle sweet potato WW bread Cookie ALTERNATIVE Turkey &amp; Cheese Soup Tomato Soup</p>	<p><b>12</b> American chop suey Broccoli Rye bread Fresh fruit ALTERNATIVE Spicy Black Bean Wrap with Cheddar Chicken Noodle Soup</p>
<p><b>15</b> Boneless pork chops Garlic mashed potatoes Collard greens WW bread Fruit cocktail ALTERNATIVE Turkey &amp; Cheese sandwich Cream of Chicken Soup</p>	<p><b>16</b> Macaroni and cheese Garden salad/dressing WW roll Fresh fruit ALTERNATIVE Chicken Salad Sandwich Tomato Soup</p>	<p><b>17</b> Salmon/dill sauce Mashed sweet potato Mixed vegetables Muffin Pudding ALTERNATIVE Ham &amp; Cheese sandwich Cream of Mushroom Soup</p>	<p><b>18</b> HOLIDAY SPECIAL Roast beef/gravy Red potatoes Peas and pearl Onions Dinner roll Gingerbread cookie ALTERNATIVE Tuna Salad Sandwich Vegetable Soup</p>	<p><b>19</b> Turkey milanese Vegetable rice pilaf Carrots Rye bread Fresh fruit ALTERNATIVE Mediterranean Hummus Wrap with Cheese &amp; Vegetables Vegetable Soup</p>
<p><b>22</b> Cheese lasagna/ Tomato sauce Spinach WW bread Pudding ALTERNATIVE Chicken Salad Sandwich Tomato</p>	<p><b>23</b> Roast pork/gravy Mashed potatoes Caesar salad/dressing Italian bread Fresh fruit ALTERNATIVE Roast Beef Sandwich Cream of Mushroom Soup</p>	<p><b>24</b> Lemon and garlic chicken Candied yams Broccoli WW bread Brownie ALTERNATIVE Ham &amp; Cheese Sandwich Chicken Noodle Soup</p>	<p><b>25</b> SENIOR CENTER CLOSED FOR THE HOLIDAY</p>	<p><b>26</b> Beef stew Beets WW bread Fresh fruit ALTERNATIVE Egg Salad Sandwich cream of Chicken Soup</p>
<p><b>29</b> Roast turkey Florentine Sour cream dill potatoes California blend veg. WW bread Pudding ALTERNATIVE Ham &amp; Cheese Sandwich Cream of Mushroom Soup</p>	<p><b>30</b> Cheese tortellini/ Meat sauce Spinach salad/dressing Italian bread Fresh fruit Chicken Salad Sandwich Chicken Noodle Soup</p>	<p><b>31</b> Latin style pork/gravy Mashed sweet potatoes Capri blend vegetables Rye bread Cake ALTERNATIVE Turkey &amp; Cheese Sandwich Vegetable Soup</p>		



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**MONDAY, TUESDAY & THURSDAY 9:00 a.m. To 3:00 p.m. WEDNESDAY & FRIDAY 10:30 a.m. To 3:00 p.m**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
9:30 Golf/Bowling 1 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 1:00 Poker League	9:00 Mah Jongg 2 8:45 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano	10:00 Creative Writing 3 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 4 10:00 Line Dancing 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class Class is Closed 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Market Basket 12:30 ACBL Bridge 12:45 Beginner Bridge 6:45 Duplicate Bridge	9:15 Stretch & Tone 5 9:30 Tap Dancing 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
9:30 Golf/Bowling 8 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 1:00 Poker League	9 <b>SENIOR CENTER</b>  <b>CLOSED FOR</b>  <b>VETERANS DAY</b>	10:00 Creative Writing 10 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 11 10:00 Line Dancing 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class Class is Closed 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Market Basket 12:30 ACBL Bridge 12:45 Beginner Bridge 6:45 Duplicate Bridge	9:15 Stretch & Tone 12 9:30 Tap Dancing 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
9:30 Golf/Bowling 15 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 1:00 Poker League	9:00 Mah Jongg 16 8:45 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano	10:00 Creative Writing 17 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 18 10:00 Line Dancing 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class Class is Closed 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Market Basket 12:30 ACBL Bridge 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:15 Stretch & Tone 19 9:30 Tap Dancing 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
9:30 Golf/Bowling 22 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 1:00 Poker League	9:00 Mah Jongg 23 8:45 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano	10:00 Creative Writing 24 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	25 <b>SENIOR CENTER</b>  <b>CLOSED FOR THE</b>  <b>CHRISTMAS HOLIDAY</b>	9:15 Stretch & Tone 26 9:30 Tap Dancing 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
9:30 Golf/Bowling 29 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 1:00 Poker League	9:00 Mah Jongg 30 8:45 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano	10:00 Creative Writing 31 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club		

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**HOLIDAY SPECIAL**



## VOLUNTEERS NEEDED

The Senior Center needs volunteers on Monday's and Friday's to help with serving lunch between 11:30 and 12:00 noon. Contact Marilyn Hurwitz, Director, at 781-596-8866 if interested.

Also The Swampscott High School Library is looking for volunteers from 7:30-10:30, 10:30-1:30 and 1:30-3:00 Monday to Friday. You will be interacting with students and faculty, shelving books (most important) and checking books in and out. If interested contact Keelyn Welsh at 781-596-8830, ext. 5521 or via email at [welsh@swampscott.k12.ma.us](mailto:welsh@swampscott.k12.ma.us)

**"DON'T LOOK NOW BUT AFTER AUTUMN COMES"**  
Here we are at the beginning of autumn – crisp air, no humidity, lovely foliage. Yeah, but guess what? Winter comes right after the beautiful fall season. And winter brings fuel bill!. If it gets windy and the temperature goes below zero, your fuel bills go higher! But you can apply for fuel assistance, and we are ready to help people with the application process. Last year, we got a total of \$5,413.79 for Swampscott Seniors.

Don't think you are ineligible because your income might be too high. Fuel assistance actually uses moderate income guidelines, and you might find yourself receiving help in paying those winter bills. Contact Bill Foley, Outreach Social Worker, at 781 596-8866 for more information and assistance.

**OUR NEWS LETTER IS ON LINE**

To view our newsletter on line go to [www.seekandfind.com](http://www.seekandfind.com) the page will come up "Searching Near Swampscott" click on "latest bulletin" and a PDF newsletter will appear.

**FRIENDS OF THE SWAMPSCOTT SENIOR P.O. BOX 612 SWAMPSCOTT, MA 01970**

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.\_

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

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In Memory of \_\_\_\_\_

Please send acknowledgement to:

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Address \_\_\_\_\_

## NEW THI CHI CLASS

Micanor Snow the founder of Seacoast Tai Chi will be starting a Tuesday Thi Chi class here at the senior center from 2:00 to 3:00 pm at a cost of \$5.00 per class. We will need a minimum of twelve people to start this class. Contact the senior center to sign-up

*Happy Birthday Wishes  
To those who celebrate their  
Birthday in December*

**NEW 2015-2016 MAH JONGG CARDS**

New Mah Jongg cards are available for sale at the senior center.

The regular size is \$8.00 and the large size is \$9.00. You must pay for your card in person and it will be sent directly to you. See Norma Freedman or Sue Pierce if interested.

**THE WEDNESDAY KNITTING GROUPS DONATION**

The senior center knitting group graciously knitted and gave to Homeless Veterans and Rosie's Place, 42 sets of hats and scarves for men, 30 sets of hats and scarves for women plus additional 34 hats, 15 scarves and 2 ponchos.

**Open enrollment to buy or change Medicare drug plans runs from October 15th to December 7th. Call the senior center at 781-596-8866 for information or to schedule an appointment. This is a chance for seniors to "comparison shop": It costs you little time and may save you lots of money. Make your appointment NOW!**