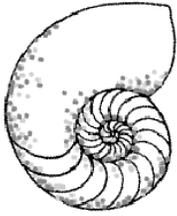


Swampscott Senior Center



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

APRIL 2017

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

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

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Robert Powell	-

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OUTREACH WORKER: GINA BUSH
OFFICE ASSISTANT: Dorothy Kitoski, Diane Reynolds
DRIVERS: Emery Richard and Ed Kitoski, Ken Avery
GLSS Site Mgr: Helen Richard

HAPPY, HAPPY SPRING EVERYONE!!

It seemed like another New England winter has passed and we can look forward to longer days and warmer temperatures.

Spring time is always a rejuvenation for us all after dealing with the winter elements. Once again we are looking forward to the much adored Boston Red Sox home opener, and the Swampscott Senior Centers contribution to the Jimmy Fund. We will be having a ball park lunch of hotdogs that day, and probably a surprise or two. Check our calendar and event board ~ and remember to wear your Red Sox gear!

As always our staff is available to help any senior who may have questions, need assistance, or just even a chat. Our doors are always open for you.

Wishing you all a warm Spring

-Susan

**If you are having difficulty reaching us,
please try our alternative phone number
781-581-1726.**

**Our writers are a very talented bunch. This month,
we feature Paul Lahaie and Amy Lockerbie.**

In Poppy Fields—Paul J. Lahaie

The locusts came and laid bare the land
Nor weed nor grass nor flower remained.
Butterflies, moths, bees and wasps
Found themselves out of work.

Upon fallowed ground
A single red poppy sprouted.
Of the unemployed arose to drink
Its seductive nectar.

With birdlike tweets the red poppy
Increased the allure of its usage
So that its dreams would come thru.

This Bugs Me—Amy Lockerbie Smith

This assignment really bugs me. I can't figure out what kind of bug to use to tell a story. I could use a ladybug—after all I am a lady. But what to do with her is my dilemma?

I am an aunt, so I guess I could find something to tell about an ant if I tried hard enough. But ants are unpleasant to have around so I don't really want to be associated with ants.

Bumblebees are hard workers—I'm a hard worker. Bees make delicious honey. I can make lots of delicious stuff, but I can't make honey. Bees are cute—I used to be cute, a long, long, looong time ago. For the life of me, I can't think of how to tell a story using bumblebees in the way the homework assignment suggests.

What other bug could I use as a metaphor? Not a disgusting cockroach for sure, or a mosquito. I can't find a bug I want to associate myself with in order to create a story.
So you can see why this assignment bugs me.

FOXWOODS - No trip in April

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).*

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!

NEW CHAIR YOGA! - Everyone LOVES it!!

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!

WALKING GROUP—weather permitting

Dust off those sneakers and get out for a walk! As soon as the weather allows, we will be back at it Wednesdays at 9:30. We walk 4 times around the building on a lovely walking path which is a mile. We also offer hand weights for those looking to intensify the workout.

WALKING AT THE HIGH SCHOOL

Senior citizens may now use the gym at Swampscott High School to walk around the track Monday—Friday from 12:50—1:20pm. Please check in at the front desk at the High School, and they will ask you to wear a visitor badge.

Candy

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

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.

FOOT DR

Dr Robert Uhrich from Sanphy Podiatry Group comes in for visits every other month. Please call for an appointment.

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.

SHINE COORDINATOR

Every Tuesday. Please call for an appointment.

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.

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Hot Dog & Beans</p> <p>Ham & Cheese Sandwich</p> <p>Spinach Salad</p>	<p>4 Stuffed Shells</p> <p>Roast Beef Sandwich</p> <p>Garden Salad</p>	<p>5 Chicken Pot Pie</p> <p>Turkey Waldorf Sandwich</p> <p>Caesar Salad</p>	<p>6 Pork Rib B Que</p> <p>Chicken Pesto Sandwich</p> <p>Mixed Green Salad</p>	<p>7 Fish Sandwich</p> <p>Egg Salad Sandwich</p> <p>Greek Salad</p>
<p>10 Chicken Marsala</p> <p>Tuna Sandwich</p> <p>Spinach Salad</p>	<p>11 Sweet & Sour Meatballs</p> <p>Roasted Vegetable Wrap</p> <p>Chef Salad</p>	<p>12 Chicken Tenders</p> <p>Grilled Chicken Sandwich</p> <p>Garden Salad</p>	<p>13 Roast Beef w Gravy</p> <p>Cuban Sandwich</p> <p>Greek Salad</p>	<p>14 Sweet Potato Pollock</p> <p>Chicken Salad Roll</p> <p>Caesar Salad</p>
<p>17 CLOSED</p>	<p>18 Chicken w Winter Vegetables</p> <p>Egg Salad Sandwich</p> <p>Mixed Green Salad</p>	<p>19 Meatball Sub</p> <p>Grilled Chicken Sandwich</p> <p>Garden Salad</p>	<p>20 SPRING SPECIAL Turkey w Mushroom Sauce, Lemon Garlic Potatoes, Spinach Salad, Honey Cake</p>	<p>21 Fish Florentine</p> <p>Chicken Caesar Wrap</p> <p>Greek Salad</p>
<p>24 BBQ Chicken</p> <p>Tuna Sandwich</p> <p>Garden Salad</p>	<p>25 Town Elections No Lunch</p>	<p>26 Baked Chicken w Gravy</p> <p>Turkey Gobble Sandwich</p> <p>Mixed Green Salad</p>	<p>27 Potato Pollock</p> <p>Roast Beef Sandwich</p> <p>Greek Salad</p>	<p>28 Turkey Tetrizzini</p> <p>Tarragon Chicken Sandwich</p> <p>Caesar Salad</p>
		<p>WELCOME SPRING!</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 3 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 4 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 5 10:00 Creative Writing 10:30 Yoga, Computers 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 6 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, Chess 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 7 9:45 ZUMBA 11:30 Lunch 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 10 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 11 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 12 10:00 Creative Writing 10:30 Yoga, Computers 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 13 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, Chess 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 14 9:45 ZUMBA 11:30 Lunch 12:30 Poker League 12:45 Bingo
CLOSED	8:30 Mah Jongg 18 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 19 10:00 Creative Writing 10:30 Yoga, Computers 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 20 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, Chess 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 21 9:45 ZUMBA 11:30 Lunch 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 24 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 25 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 11:00 Blood Pressure NO LUNCH—Elections 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Beginner Tai Chi 2:00 Tai Chi	9:30 Walking Group 26 10:00 Creative Writing 10:30 Yoga, Computers 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 27 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, Chess 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 28 9:45 ZUMBA 11:30 Lunch 12:30 Poker League 12:45 Bingo
				

Greater Lynn Senior Services (GLSS) is looking for new members for their Advisory Board.

The GLSS Advisory Council is a voluntary group of citizens that serve as a critical link between GLSS and the elder community. The mission of the GLSS Advisory Council is to represent the interests of senior in the five communities that we serve.

Specific Advisory Council functions include:

- Attend at least 6 monthly meetings each year at GLSS
- Bring to the attention of GLSS staff and Board of Directors relevant community issues and concerns
- Review the process whereby priority service needs of area elders is determined
- Review and monitor GLSS programs funded by Title III of the Older Americans Act
- Review the process whereby service providers are identified for the agency Title III funded programs
- Review GLSS policies as they relate to the Older Americans Act

DO NOT CALL!

Want to reduce telemarketing calls? Sign up NOW! For the Massachusetts "DO NOT CALL REGISTRY" Includes cell phones Register two easy ways: On-line at www.mass.gov/donotcall or call Toll Free: 1-866-231-2255

We Love Your Ideas

If you have any ideas on how we can improve your time at the Senior Center please let us know.

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 _____

Men's Club

Men's Club will take place on **Thursday, April 13th** this month. Our Guest speaker will be Registered Nurse, Mary DeMakes who will offer a wonderful health talk .

Peabody Essex Museum Field Trip

The Senior Center will be traveling to the Peabody Essex Museum on followed by lunch at the Brothers Taverna on **Wednesday, April 19th**.

We will tour the WOW World of Wearable Art which presents 32 ensembles. The most unique, spectacular and outlandish wearable artworks expertly crafted in a range of materials from wood and aluminum to fiberglass and taxidermy. The PEM is the exclusive US east coast venue for this interactive and theatrical exhibition.

The cost is \$20 for non-PEM members and \$5 for PEM member and Salem residents. \$2 for the bus. Please pay at the time of sign up.

We will meet at the Senior Center at 9:30am. We will tour the exhibition with a docent .

Participants must be able to manage stairs, walk for 1 mile approximately, and stand before exhibitions for about 15 minutes at a time.