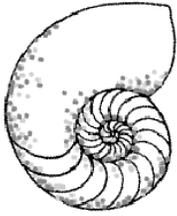


Swampscott Senior Center



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

JULY 2017

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

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

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DRIVERS: Emery Richard and Ed Kitoski, Ken Avery , Howie Conley
GLSS Site Mgr: Helen Richard

Happy summer!

June is the month we wrap up many of our activities, particularly our intergenerational projects. The Oral History senior citizens met with the grade four students on Friday, June 2nd. The students prepared a slide show based on the interviews with the seniors. It was well attended and appreciated by all. The Senior Center, thanks to our *Friends Group*, gave each student a gift certificate for an ice cream cone as well as a Senior Center pen. Everyone loves this project! There is a nice connection between the students and the senior citizens.

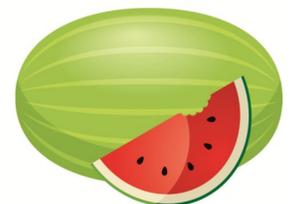
On June 14th, our two vans left to pick up the fourth grade pen pals at Stanley School who were in Sammy Lawler's class. They arrived and met their pen pal. They shared a brown bag lunch and talked about letters exchanged

as well as the year's highlights. Then both the students and pen pals played several games of BINGO. It was noisy but hilarious. Everyone agrees that the center is a better meeting place than the school gym or cafeteria.

Our final June event was the annual GLSS bar-beque. There were seventy people in attendance. We had the usual feast, burgers, hot dogs, potato salad, brownies, ice cream sandwiches and a surprise birthday cake. The surprise prize was a bottle of bubbles. It was great fun.

Many of our staff will be taking vacation during the summer but we will cover for each other here except for the holidays. Enjoy a wonderful community and spend some time outside. Summer seems to fly by.

-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. We will also be asking for an emergency contact on all trips.

Help for Hearing Loss Lecture—July 11th 11:15am

Join audiologist Dr Joan McCormack for a lecture on help for hearing loss and the services of the North Shore Hearing Foundation. They provide financial assistance for people of very low income who need hearing aids and shares information about the importance of good hearing on quality of life for everyone. Please sign up at the front desk.

Bocce

Get the most out of summer and come out to play bocce Fridays at 10:00am. It's a great time!

FOXWOODS - Thursday July 13th

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

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.

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!

Candy

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



Backgammon Seeking New Players

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

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.

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

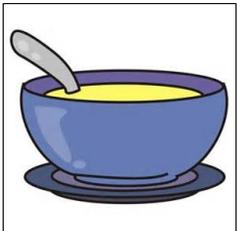
Meets from 12:30 to about 4pm Mon., Wed., and Fri. They are always looking for more poker players. Come on in! New players should try our Wednesday group.

Knitting

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

WALKING GROUP—Grab Some Hand Weights!

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Teriyaki Meatballs Or Egg Salad Sandwich w/ Mixed Green Salad</p>	<p>4  CLOSED</p>	<p>5 Eggplant Parmesan Or Turkey Waldorf Sandwich w/ Spinach Salad</p>	<p>6 Orange Chicken Or Roast Beef Sandwich w/ Chef Salad</p>	<p>7 American Chop Suey Or Chicken Pesto Sandwich w/ Caesar Salad</p>
<p>10 Garlic Roasted Pork Or Roasted Chicken Sandwich w/ Garden Salad</p>	<p>11 Pot Roast w/ Gravy Or Ham & Cheese Sandwich w/ Greek Salad</p>	<p>12 BBQ Chicken Or Tuna Salad Sandwich w/ Mixed Green Salad</p>	<p>13 Summer Picnic Tarragon chicken salad & Egg Salad sandwiches. Potato Salad, confetti cole- slaw, fruit salad</p>	<p>14 Cheese Pizza Or Turkey Gobbler Sandwich w/ Spinach Salad</p>
<p>17 Chicken Mirabella Or Turkey & Cheese Sandwich w/ Mixed Green Salad</p>	<p>18 Meatloaf w/ Gravy Or Chicken Caesar Sandwich w/ Chef Salad</p>	<p>19 Pork Hot Dog Or Turkey & Swiss Sandwich w/ Garden Salad</p>	<p>20 Chef Salad w/ Turkey Or Shaved Roast Beef Sandwich w/ Greek Salad</p>	<p>21 Chicken Picatta Or BBQ Chicken Sandwich w/ Mixed Green Salad</p>
<p>24 BBQ Pulled Pork Or Grilled Chicken Sandwich w/ Greek Salad</p>	<p>25 Chicken w/ Yellow Rice Or Roast Beef Sandwich w/ Garden Salad </p>	<p>26 Macaroni & Cheese Or Tuna Salad Sandwich w/ Mixed Green Salad</p>	<p>27 Roast Beef w/ Mushrooms Or Ham & Pineapple Sandwich w/ Spinach Salad</p>	<p>28 Lemon Chicken Or Egg Salad Sandwich w/ Caesar Salad</p>
<p>31 Chicken Stew Or Turkey & Swiss Sandwich w/ Spinach Salad</p>				

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 Gin Rummy 12:30 Shopping Mkt Basket 12:30 Poker League	4 	9:30 Walking Group 5 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 6 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 7 9:45 Bingo 10:00 Bocce 10:30 Backgammon 11:30 Lunch 12:30 Poker League ** Closed after lunch
9:00 Mah Jongg 10 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 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 12:45 Advanced Beginner Bridge 1:00 Qigong Asian Exercise 2:00 Tai Chi for Everyone	9:30 Walking Group 12 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 13 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 14 9:45 Bingo 10:00 Bocce 10:30 Backgammon 11:30 Lunch 12:30 Poker League ** Closed after lunch
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There are many events to enjoy in Swampscott over the summer. Take a look at just a few...

Farmers Market **New Location**

Sundays from 10am-12pm on the Town Hall Lawn. Purchase locally grown, fresh produce, treats and enjoy occasional entertainment.

Swampscott by the Sea Summer Concert Series

Wednesday nights on the Town Hall lawn at 6:00pm

- * 7/12: Phillip Alexander & the Wild Things—*Family friendly*
- * 7/19: Grupo Fantasia—*Latin*
- * 7/26: Lois Lane & the Daily Planets—*R&B/Soul*
- * 8/2: Laura Orshaw & the New Velvet Band—*Bluegrass*
- * 8/9: The Navigators—*Funky Classic Rock*

4th of July Fireworks

Monday, July 3rd 9:00pm

Strawberry Festival and Town Parade

July 2nd

Heading to the Beach?

Fisherman’s Beach has plenty of parking and is the easiest to walk on to. Don’t forget your sunscreen!

Stay Hydrated!

As the hot weather approaches, it is very important to stay hydrated.

Hydration is key to staying and feeling healthy. Your body has an intricate system of keeping fluids and electrolytes balanced, and proper hydration is a main component of this process. If this system is not functioning properly, you may suffer the dangerous consequences of dehydration. In the elderly, this regulation system may no longer function properly on its own, making dehydration more common -- making adequate hydration even more important.

The Importance of Hydration

Dehydration is a risk factor for increased morbidity and mortality, especially in the elderly. This condition can lead to hospitalization, infection, loss of cognitive function, and even death if not treated immediately. Due to changes in the body during aging, such as a decrease in total body water as well as a decrease in being able to sense thirst, dehydration can happen quickly in the elderly. Staying hydrated every day is the best way to prevent this.

Hydration Tips

Because the thirst mechanism in the elderly may be dysfunctional, focus on drinking small, frequent amounts of fluid throughout the day rather than waiting to feel thirsty. Water is the best option for hydration, but any fluids count toward the daily requirement. If you are drinking juice or soda, try mixing it with half a glass of water to cut down on the sugar and calorie content. Additionally, you can get fluids through foods such as soups, fresh fruits and vegetables, and ice pops.

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 _____