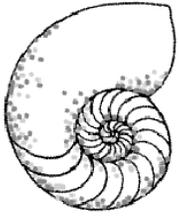


Swampscott Senior Center



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

NOVEMBER 2017 TELEPHONE. 781-596-8866/781-581-1726

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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GLSS Site Mgr: Helen Richard

Hello Friends

Once again we are hosting a Veteran's Day Breakfast on Saturday, November 11th, 2017. The breakfast will begin at 9:30am in our dining room. Do you know anyone who lives in town who served in any branch of the military? Please urge them to make a reservation by calling 781-596-8866 or 781-581-1726. It is necessary to have a reservation. We are so pleased to have the opportunity to say thank you to all who have given their time to protect our country. The ceremony will begin with a presentation of the colors by the ROTC from Lynn English High School. There will be an acknowledgement to those who were lost in service to the USA. We will also thank Jim Schultz for his service as the Veteran's Agent for the Town of Swampscott. It is a nice way to come together to say thank you and we are all proud to be Americans.

Thanksgiving is also on the calendar month of November. It is the time of year to step back and count one's blessings. They could include good health, a wonderful family, supportive friends and a community that supports and cares for their senior citizens. We will continue with our annual food drive for the Swampscott Food Pantry.

Thank you to all who come to the center and especially to those who volunteer and help make this a special and welcoming place.

This is a perfect month to publicly thank and acknowledge the dedication and hard work that Susan Pierce brought to our Senior Center everyday for over twelve years. Susan was efficient, organized, and an advocate for our senior citizens. She had innovative items and went the extra mile for the center and for the clients. We thank her and wish her the best in her future endeavors.

Happy November and Happy Thanksgiving! Check out The Compass each month and stop in to see our trip board. The center is always planning new things and adventures. Come on down. Bring a friend or neighbor.

-Marilyn



Flu Clininc

Wednesday November 1st from 5-7:00pm

Kiosk for Living Well—Thurs Nov 30th 10:30-12:30

A large touchscreen computer that offers a wide array of health information. Get tips on strengthening your balance and increasing your mobility, play brain games, trivia and enjoy music. Come check it out!

Michael Buble Christmas Tribute Luncheon Show

Tuesday, December 5th at Danversport Yacht Club. No transportation provided. \$69 includes show, lunch, meal tax and gratuity. Sign up at front desk.

Attention Shoppers! - FRIDAYS

Fridays are now Highland Ave stores! Walmart, Target, Market Basket etc. Please call Friday mornings to reserve a spot on the bus. 3 bag max please.

Veterans Day Breakfast

We will host our annual Veterans Breakfast on Saturday November 11th at 9:30am. Please call for a reservation.

Wine Tasting—Nov 15th 6-8:00pm \$15

Come sample a variety of wines with a local expert and have a few laughs with friends. Space is limited. Purchase your tickets at the front desk.

Men's Club—Thursday, November 16th 1:00pm

Our guest speaker will be Robert Jauron who is publishing a book called Big Blue Days—The Story of a Small-Town Football Dynasty in Swampscott, Massachusetts. Lunch from Periwinkles will be served. Please reserve your spot by calling the front desk.

Fall Art Class

Its time for sunflowers, pumpkins and turkeys. Sign up now for our November art class using different mediums and techniques to create your own works of art. 5 week class on Tuesdays from 2:45-4:00pm beginning on Tuesday, November 14th. \$35

Foot Doctor

We have a Foot Dr come in for visits every other month. Please call for an appointment.

Friday Zumba AND TONE! - Fridays at 9:45 \$7.00

Come dance your cares away for 45 minutes followed by 15 minutes of toning with hand weights. A great combo!

MAh Jongg Lessons—Mondays 9-11:00am

Thinking of learning Mah Jongg? Come take lessons and have some fun with new friends. Everyone will be in the same boat! \$25 for the class, \$8 for a card. Please sign up at the front desk.

Do-Yin Healing Massage Class Tuesdays 1:00PM

A combination of meridian stretching exercises, breathing exercises and self-massage. It is intended to prevent and treat dysfunctions of the body related to low circulation of energy or "vital energy".

Blood Pressure

Come in and have a Registered Nurse take your blood pressure. Every Tuesday and Thursday from 11-12:30.

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 12:30-3:00pm on Wednesdays. All skill levels are welcome.

New Senior Center Email Address

Would you like to contact us via email? Use our new email address and will send a prompt response.
swampscottseniorcenter01907@gmail.com

Donate Hearing Equipment

Please donate any gently used hearing aids and accessories to the North Shore Hearing Foundation. We have a box by our book cases where you can donate.

Tissues

As cold season is fast approaching, we are in need of tissue box donations. We greatly appreciate it!

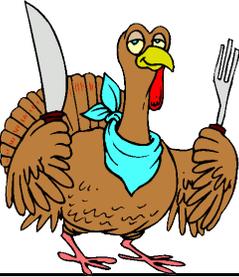
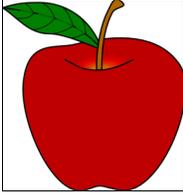
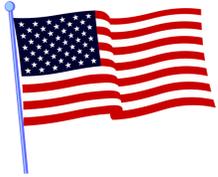
Tech Ninjas

Coming Soon! One on One tech support with SHS Tech Ninjas! Look for more information on booking appointments soon!

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

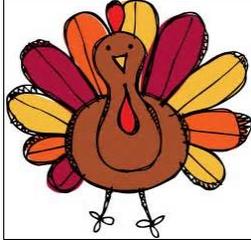
Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 Chicken Picatta Or Gourmet Pork Sandwich w/ Barley Soup</p>	<p>2 Baked Haddock Or Grilled Chicken Sandwich w/ Minestrone Soup</p>	<p>3 Swedish Meatballs Or Asian Chicken Salad Sandwich w/ Vegetable Soup</p>
<p>6 Turkey Divan w Pasta Or Southwestern Sandwich w/ Vegetable Soup</p>	<p>7 Beef Chili Or Turkey Waldorf Salad Sandwich w/ Cream of Broccoli Soup</p>	<p>8 Boneless Pork Chop Or Roast Beef & Provolone Sandwich w/ Kale and White Bean Soup</p>	<p>9 Chicken Pot Pie Or Egg Salad Sandwich w/ Tomato Soup</p>	<p>10 Veteran's Day Closed</p>
<p>13 Lasagna Or Ham & Cheese Sandwich w/ Split Pea Soup</p>	<p>14 Cranberry Chicken w Rice Pilaf Or Tuna Salad Roll w/ Corn Chowder</p>	<p>15 Hot Dog Or Tuscan Chicken Salad Sandwich w/ Cauliflower Soup</p>	<p>16 Thanksgiving Special Roast Turkey w/ Gravy, Mashed Potato, stuffing, Butternut Squash Apple crisp</p>	<p>17 Honey Lime Chicken Or Turkey & cheese Sandwich w/ Vegetable Soup</p>
<p>20 Teriyaki Meatballs Or Turkey Gobbler Sandwich w/ tomato Soup</p>	<p>21 Roast Beef w Gravy Or Tuna Salad Sandwich w/ Leek & Potato Soup</p>	<p>22 BBQ Pulled Pork Or Turkey & Swiss Sandwich w/ Vegetable Rice Soup</p>	<p>23 HAPPY THANKSGIVING! CLOSED</p>	<p>24 Stuffed Peppers Or Ham & Pineapple Salad Sandwich w/ Mushroom Soup</p>
<p>27 American Chop Suey Or Chicken Caesar Wrap w/ Kale & White Bean Soup</p>	<p>28 Macaroni & Cheese Or Roast Beef & Provolone Sandwich w/ Minestrone Soup</p>	<p>29 Chicken w Yellow Rice Or Deviled Egg Salad Sandwich w/ Barley & Greens Soup</p>	<p>30 Beef Picadillo Or Grilled Chicken Sandwich w/ Veggie Noodle Soup</p>	



SENIOR CENTER HOURS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 © Can Stock Photo		30 Walking Group 1 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 2 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 3 9:45 Bingo 9:45 Zumba & Tone 10:00 Bocce 10:30 Backgammon 11:30 Lunch 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 6 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 7 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 Do Yin Self Heal Massage 2:00 Tai Chi Basics for Everyone	9:30 Walking Group 8 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 9 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	<p style="text-align: center;">CLOSED Veteran's Day</p>
9:00 Mah Jongg 13 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 14 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 Do Yin Self Heal Massage 2:00 Tai Chi Basics for Everyone	9:30 Walking Group 15 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 16 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 17 9:45 Zumba & Tone 10:00 Bocce 10:30 Backgammon 11:30 Lunch 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 20 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 21 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 Do Yin Self Heal Massage 2:00 Tai Chi Basics for Everyone	9:30 Walking Group 22 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	<p style="text-align: center;">Happy Thanksgiving! CLOSED</p>	9:00 Tap Dancing 24 9:45 Zumba & Tone 10:00 Bocce 10:30 Backgammon 11:30 Lunch 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 27 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 28 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 Do Yin Self Heal Massage 2:00 Tai Chi Basics for Everyone	9:30 Walking Group 29 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 30 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	

SHINE COORDINATORS

Its that time of year again!

Open enrollment is Oct. 15th - December 7th. We have coordinators here on Tuesdays and Wednesdays. Please call for an time.

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.

Upcoming Luncheon Shows—Mark Your Calendars!

December 5th—Michael Buble Christmas Tribute
 March 7th—Enchanted Music of Ireland
 April 11th— Live from Nashville Country Legends
 May 23rd—Everley Brothers/Simon & Garfunkel Tribute
 June 20—Abba Tribute—Dancing Queen
 July 18th—Legends & Laughter Lobster Dinner
 August 14th—Bobby Rydell LIVE
 September 12th—Kenny Rogers/Dolly Parton Tribute
 October 11th—Buddy Holly, Ritchie Valens, Big Bopper
 November 15th—Rod Stewart Tribute

Thanksgiving Day Football Game

The traditional Thanksgiving Day football game vs Marblehead will be in Marblehead this year at Marblehead High School at 10:00am.



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 _____

5 Benefits of Exercise for Seniors

1. Prevent Disease

Studies have shown that maintaining regular physical activity can help prevent many common diseases, such as heart disease and diabetes. Exercise improves overall immune function, which is important for seniors as their immune systems are often compromised. Even light exercise, such as walking, can be a powerful tool for preventable disease management.

2. Improved Mental Health

The mental health benefits of exercise are nearly endless. Exercise produces endorphins (the “feel good” hormone), which act as a stress reliever and leaves you feeling happy and satisfied. In addition, exercise has been linked to improving sleep, which is especially important for older adults who often suffer from insomnia and disrupted sleep patterns.

3. Decreased Risk of Falls

Older adults are at a higher risk of falls, which can prove to be potentially disastrous for maintaining independence. Exercise improves strength and flexibility, which also help improve balance and coordination, reducing the risk of falls. Seniors take much longer to recover from falls, so anything that helps avoid them in the first place is extremely important.

4. Social Engagement

Whether you join a walking group, go to group fitness classes or visit a gardening club, exercise can be made into a fun social event. Maintaining strong social ties is important for aging adults to feel a sense of purpose and avoid feelings of loneliness or depression. The key is to find a form of exercise you love, and it will never feel like a chore again.

5. Improved Cognitive Function

Regular physical activity and fine-tuned motor skills benefit cognitive function. Countless studies suggest a lower risk of dementia for physically active individuals, regardless of when you begin a routine.