

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

JANUARY 2017

TELEPHONE. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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Dear friends and family members of the Swampscott Senior Center,

Happy New Year!

How often do we say as senior citizens, "Where did the year go"? We had a wonderful holiday season at the center. Our holiday party was truly exceptional. Chef, Paul Carnazzo, once again prepared a delicious meal with all the fixings. Charlie Dawson was a new performer for us and he was wonderful. A big thank you to the **Friends of the Swampscott Senior Center**, their support helped with the cost of the dinner and provided each guest with a lovely gift of a cloth shopping bag as well as a gift card to Market Basket. We also had a visit from several Girl Scouts of Swampscott who use our center for their monthly meetings. They came with their uniforms displaying their badges and sang several songs for the group prior to dinner. The collective troops also made small bags of candy for everyone with holiday wishes. Finally, a thank you to the Garden Club. They made beautiful center pieces with greens and ribbons which brightened our tables and made the dining room look festive and very attractive. So many seniors have stopped at our reception desk to say it was a great event. The center also hosted the annual Men's Club party.

They had a terrific lunch from Santoro's and then had the pleasure of a concert provided by the Chorus of Swampscott High School. Everyone enjoyed the afternoon.

As we move into the New Year, just a few reminders about winter and being prepared. **When schools are closed we are closed.** Check and make sure that you have the necessary food and supplies in case you will be house bound for several days. Of course this means a portable radio, water and flashlights should you lose power. Don't forget the batteries! The New Year also is a good time to check on your home safety. Do you have grab bars in your bathroom? Have you removed scatter rugs from your halls? Do you have a *Life Line*? Does someone check in with you daily? For those of you who are in your own home. Do you have arrangements in regards to shoveling?

Make your resolutions and certainly have one of them be that you will continue to come down to the center for activities, events, lunch and shopping. Thank you all for a terrific 2016.

-Marilyn

HAPPY NEW YEAR!!

NEW ZUMBA CLASS with Rachele Bruzzese!

Fridays from 9:45—10:30: beginning in January. We need at least 10 participants. 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!

TAI CHI BEGINNERS CLASS

Tuesdays from 1:00pm to 2:00pm. The cost is \$5.00 per class.

BEGINNER BRIDGE

Tuesday afternoon 12:45 until 2:30 \$2 per week. New comers welcome if you have played something like whist? **First date will be January 3.**

POKER LEAGUE

Meets from 12:30 to about 4pm. They are always looking for more poker players. Come on in!

KNITTING

A very social group that meets from 12:30-3pm on Wednesdays.. All skill levels are welcome. If you've never knitted, come on down and one of the knitters will teach you. We knit for ourselves as well as for Children's Hospital and for our Veterans.

CRIBBAGE

This friendly group gets together from 1-3pm to play cribbage—just for the fun of it.

CHESS CLUB

Thursday from 12:30 to 2:30pm. Presently we have a small group but we are looking to expand. It's free just call to sign-up.

FOOT DR

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

BLOOD PRESSURE

Come in and have a Registered Nurse take your blood pressure. Every Tuesday and Thursday. Please call for an appointment.

MEN'S CLUB

Please join old friends for lunch, conversations and guest speakers. We meet once a month in the dining room. This month we will meet on January 19th. Please call to inquire or sign up.

BUS SERVICE

Know a Senior who needs to get out of the house? Our van drivers pick you up at home, drive you in for lunch or out to various shopping trips in town. Call for more information.

CANDY NEEDED

The Senior Center would like to ask its seniors to donate any type of candy, we especially like chocolate. Also, Kleenex is always appreciated.

OUR NEWSLETTER IS ON LINE

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

LIKE US ON FACEBOOK

Check out our Facebook Page to find information, updates, trip information and photos.

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.

UNUSED PRESCRIPTIONS

Thank you to those of you who have already dropped off your unused prescriptions! The Swampscott Police Department accepts all unused prescription medication at the Police Station any day of the week! Please drop off at your convenience.

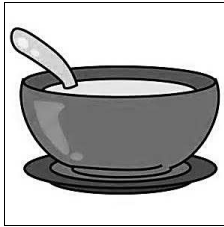
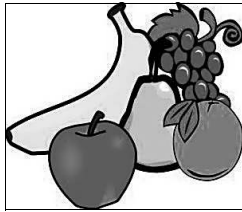

DID YOU KNOW?

In Massachusetts, consumers who are 62 years or older are eligible for an exemption from Directory Assistance charges. Contact your phone company for an application. (Thank you Shirley Berg!!)

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 Roast Beef w Gravy Ham & Cheese Sandwich Cream of Broccoli Soup	4 Broccoli Cheddar Quiche Chicken Salad Sandwich Kale & White Bean Soup	5 Baked Chicken Tuna Salad Roll Corn Chowder	6 Stuffed Pepper Turkey Pesto Sandwich Carrot Ginger Bisque
9 American Chop Suey Turkey & Cheese Sandwich Vegetable Soup	10 Potato Pollock Southwest Chicken Salad Sandwich Minestrone Soup	11 Chicken Pot Pie Roast Beef Sandwich Potato Leek Soup	12 <u>JANUARY SPECIAL</u> Pineapple Raisin Chicken, French Peas, Sweet Potato Casserole	13 Turkey a la King Egg Salad Sandwich Butternut Squash Soup
16 Martin Luther King Day CLOSED	17 Pork w BBQ Sauce Cuban Sandwich Mushroom Soup	18 Turkey Dinner Chicken Caesar Wrap Split Pea Soup	19 Hot Dog Tuna Salad Sandwich Carrot Ginger Bisque	20 Chicken Cacciatore Roast Beef Sandwich Cheddar Cauliflower Soup
23 Chicken Nuggets Ham Salad Roll Tomato Veg Soup	24 Baked Fish Roast Beef Sandwich Split Pea Soup	25 Beef Stew Turkey & Cheese Sandwich Cream of Broccoli Soup	26 Fish w Lemon Dill Sauce Egg Salad Sandwich Minestrone Soup	27 Swedish Meatballs Pork Sandwich Kale & White Bean Soup
30 Turkey Divan Tuna Salad Sandwich 3 Bean Soup	31 Beef Chili w Cheddar Grilled Chicken Sandwich Butternut Squash Soup			



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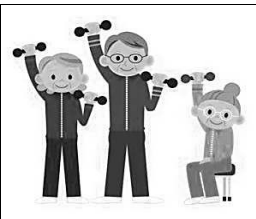




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SENIOR CENTER HOURS

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
<p align="right">2</p> 	<p align="right">3</p> <p>8:30 Mah Jongg 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 2:00 Tai Chi</p>	<p align="right">4</p> <p>9:30 Walking Group 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 1:00 Chair Yoga 7:00 Cribbage Club</p>	<p align="right">5</p> <p>8:45 Total Senior Fitness 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 12:30 Chess Club 12:45 Beginner Bridge 6:30 Duplicate Bridge</p>	<p align="right">6</p> <p>9:00 Tap Dancing 9:45 ZUMBA 10:00 Scrabble 11:30 Lunch 12:30 Poker League 12:45 Bingo</p>
<p align="right">9</p> <p>9:00 Mah Jongg 9:45 Zumba Gold 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge CLOSED 12:30 Shopping Mkt Basket 12:30 Poker League</p>	<p align="right">10</p> <p>8:30 Mah Jongg 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 2:00 Tai Chi</p>	<p align="right">11</p> <p>9:30 Walking Group 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 1:00 Chair Yoga 7:00 Cribbage Club</p>	<p align="right">12</p> <p>8:45 Total Senior Fitness 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 12:30 Chess Club 12:45 Beginner Bridge 6:30 Duplicate Bridge</p>	<p align="right">13</p> <p>9:00 Tap Dancing 9:45 ZUMBA 10:00 Scrabble 11:30 Lunch 12:30 Poker League 12:45 Bingo</p>
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<p align="right">23</p> <p>9:00 Mah Jongg 9:45 Zumba Gold 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge CLOSED 12:30 Shopping Mkt Basket 12:30 Poker League</p>	<p align="right">24</p> <p>8:30 Mah Jongg 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 2:00 Tai Chi</p>	<p align="right">25</p> <p>9:30 Walking Group 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 1:00 Chair Yoga 7:00 Cribbage Club</p>	<p align="right">26</p> <p>8:45 Total Senior Fitness 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 12:30 Chess Club 12:45 Beginner Bridge 6:30 Duplicate Bridge</p>	<p align="right">27</p> <p>9:00 Tap Dancing 9:45 ZUMBA 10:00 Scrabble 11:30 Lunch 12:30 Poker League 12:45 NO BINGO</p>
<p align="right">30</p> <p>9:00 Mah Jongg 9:45 Zumba Gold 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge CLOSED 12:30 Shopping Mkt Basket 12:30 Poker League</p>	<p align="right">31</p> <p>8:30 Mah Jongg 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 2:00 Tai Chi</p>			

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George BarbuZZi, Administrator
Susan Fisher, R.N., Director of Nursing

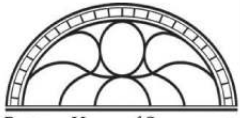


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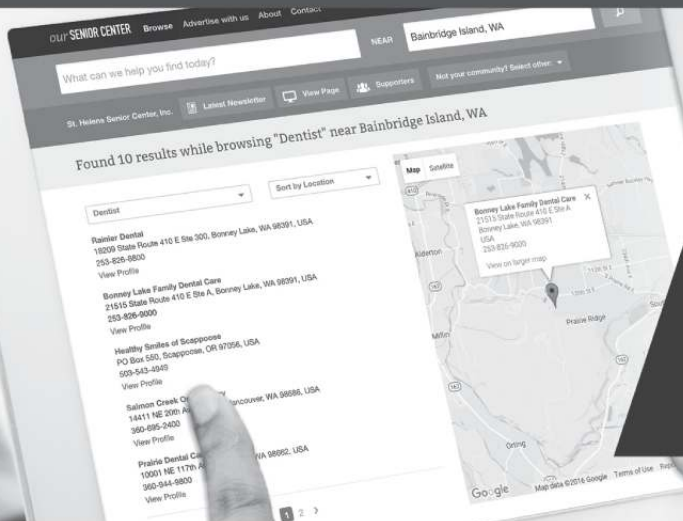


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Swampscott Council on Aging, Swampscott, MA 06-5179

Please remember to stay alert for scam telephone calls such as the **“IRS SCAM” in which criminals will call pretending to be the IRS to trick victims out of their money or personal information.**

Scammers make unsolicited calls. Thieves call taxpayers claiming to be IRS officials and demand the victim pay a bogus tax bill. They con the victim into sending cash, usually through a pre-paid debit card or a wire transfer such as Western Union. They may also leave “urgent” messages to call them back immediately.

Scammers try to scare their victims. Phone scam callers often use threats to intimidate and bully a victim into pay-ing or giving out personal and financial information. They may threaten to arrest, deport, or revoke the victims license if they don’t cooperate and give them money or information.

Scammers use false caller ID numbers. Thieves know how to alter their caller ID numbers to make it look like the IRS or another agency is calling, so you cannot trust the number that shows up on your caller ID. The scammers use IRS titles and fake badge numbers to appear legitimate. Thieves may also use the victim’s name, address and other personal information such as the last four digits of your social security number to make the call sound official, but this information is commonly found by thieves on the internet and is usually the only information they have.

Scams cost victims over \$23 million. The treasure Inspector General for Tax Administration (TIGTA) has received reports of about 736,000 scam contact since October 2013. Nearly 4,550 victims have lost over \$23 million combined as a result of this type of “IRS” scam.

If you or someone you know have been the victim of a scam, it is important to report it immediately as there is a very small time frame in which the money can possible by retrieved,

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 _____

SNOW DAYS

In case of inclement weather, the senior center will be closed only when the Swampscott Public Schools are closed.

WANTED: A FEW GOOD MEN!

We are looking for 2 more players to join our Gin Rummy group on Mondays at 12:30. We play by the fire in the living room. Please call to sign up.

NEW MAH JONG CARDS AVAILABLE

Small Card \$9.00 Large Card \$9.00

To order, please give CASH ONLY to Susan Pierce or Norma Freedman. Please include your NAME, ADDRESS, PHONE NUMBER and the SIZE OF CARD you would like. All orders must be placed by January 15th.

BEGINNER BRIDGE IS LOOKING FOR NEW PARTICIPANTS—COME LEARN HOW TO PLAY!

Tuesday afternoon 12:45 until 2:30 \$2 per week. New comers welcome if you have played something like whist? **First date will be January 3. Call to sign up!**

SAFE DRIVING TIP!

Do you have a handicapped placard? It is recommended by the Massachusetts Department of Transportation that the Handicapped Placard **NOT** be visible while you are driving. It is for the safety of everyone on the road and will insure optimal visibility for the driver.