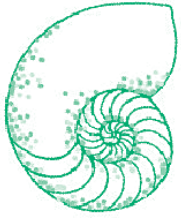


Swampscott Senior Center



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

FEBRUARY 2017

TELEPHONE. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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Dear Friends,

We made it through January! Let's hope February causes us no trouble.

The winter months can be difficult for us all. Here at the Center we try to make each day a happy one. We encourage those of you who can safely navigate the ice, snow and cold temperatures to come in and have lunch and maybe even sit for a while over a cup of coffee. The staff is contemplating a movie day and would appreciate any feedback and interest. It would be a great way to spend a few hours with friends enjoying a movie. I bet there will be popcorn too!!

The staff is here to assist you in many different ways. If you are having a problem, and feel comfortable sharing with one of the staff, please speak to us. Our Outreach coordinator Gina Bush has many resources that may be helpful to your situation.

The Activity department is busy working on new ideas for the Spring, they would love to hear your ideas. Foxwoods trips will be starting up again in March so look for the flyer soon. All our activities and events are located on the announcement board in the lobby. Let's hope the rest of the winter is mild, and that the Groundhog saw his shadow!

Susan

FOXWOODS is Back next month!

The Swampscott Senior Center has scheduled a trip to Foxwoods on Tuesday, March 21st. The bus will leave the Essex Street side of the Stop & Shop at Vinnin Square no later than 7:00 am. 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 at 781-596-8866 to save your seat. (*package is subject to change*)

Bring a Friend to Bingo!

Bring a friend to enjoy this fun and friendly environment during the month of February! We offer Bingo on Tuesday's at 12:45 and Fridays at 12:30. Minimum of 4 Cards, Max of 15. Raffles, prizes and fun!

Candy Donations

Thank you very kindly to those of you who have been donating candy. We are overflowing with candy! Rather than donating candy this month, we would love tissue donations. Cold season is here!

FOXWOODS will be back in MARCH!

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New Art Class

5 week course on Fridays in March from 10-11:30, \$35. Anne Bowen, a local artist will guide you through creative drawings or paintings by offering suggestions for subject matter, mediums, and techniques and helpful tips. All levels welcome. Experienced artists may prefer to bring their own favorite additional materials. Set aside some photos or pictures that inspire you—people, pets or animals, houses or buildings, landscapes etc. High expectations, low stress!

CHESS CLUB

Thursday from 12:30 to 2:30pm. We meet by the fireplace. A great way to get out and get your brain moving during the winter months. Call to reserve a spot.

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!

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.

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.

Elder Act Club Presentation

Elder Actors promote good will, understanding and peace by actively participating in various actions that will yield a lasting impact on the lives in their community, locally and globally. They will be presenting information about their club and how you can get involved on Monday, February 27th at 12:45. Refreshments will be served. Please sign up at the front desk. 781-596-8866

Men's Club

This month's guest speaker will be the town assessor. Have questions about your tax bill or the tax abatement program? Come have lunch and ask away! February 16th at 1:00pm. Please RSVP

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. Don't get stuck in the house! Call us for details.

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

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.

FOOT DR

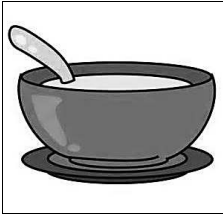
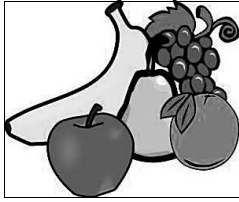

We have a FOOT DR come in for visits every other month. Please call for an appointment.

Tissue Donations

We are in need of extra boxes of tissues. Please deliver to the front desk. We greatly appreciate it.

CRIBBAGE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Braised Pork Turkey Gobbler Sandwich Cheddar Cauliflower Soup	2 Herbed Chicken Ham Sandwich Carrot Bisque	3 Potato Pollock Chicken Salad Wrap Corn Chowder
6 Meatballs w Country Gravy Ham & Swiss Sandwich Split Pea Soup	7 Apricot Glazed Chicken Roast Beef Sandwich Roasted Butternut Squash Soup	8 Hot Dog & Baked Beans Grilled chicken Sandwich Southern Kidney Bean Soup	9 Sweetheart Celebration Stuffed Chicken with Jasmine Rice Fresh Carrots Pudding	10 Lasagna w Meat Sauce Turkey Pesto Sandwich Tomato Soup
13 Beef w Rice Tuna Salad Sandwich Cauliflower Cheddar Soup	14 Pot Roast w Gravy Roasted Vegetable Sandwich Corn Chowder	15 Pork Ragout Turkey & Cheese Sandwich Vegetable Soup	16 Lemon Thyme Chicken Ham & Pineapple Sandwich Potato Leek Soup	17 Vegetable Cheese Quiche Turkey Pesto Sandwich Tomato Soup
20 CLOSED	21 Beef w Chimichurri Sauce Roast Beef Sandwich Carrot Bisque	22 Chicken Pot Pie Cuban Sandwich Minestrone Soup	23 Oven Fried Chicken Chicken Caesar Wrap Cream of Spinach Soup	24 Pork Rib w BBQ Sauce Turkey Gobbler Sandwich Butternut Squash Soup
27 Chicken Marsala Roast Beef Sandwich Carrot Ginger Soup	28 Sweet & Sour Meatballs Turkey & Cheese Sandwich Mushroom Soup			



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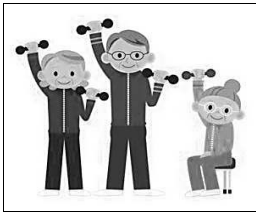

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SENIOR CENTER HOURS

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>FEBRUARY IS NATIONAL HEART MONTH</p>		<p>10:00 Creative Writing 1 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>8:45 Total Senior Fitness 2 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>9:00 Tap Dancing 3 9:45 ZUMBA 11:30 Lunch 12:30 Poker League 12:45 Bingo</p>
<p>9:00 Mah Jongg 6 9:45 Zumba 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge CLOSED 12:30 Shopping Mkt Basket 12:30 Poker League</p>	<p>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 1:00 Beginner Tai Chi 2:00 Tai Chi</p>	<p>10:00 Creative Writing 8 10:30 Yoga 11:30 Lunch 12:30 Poker League 1:00 Knitting Group 1:00 Social Cribbage 1:00 Chair Yoga 7:00 Cribbage Club</p>	<p>8:45 Total Senior Fitness 9 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>9:00 Tap Dancing 10 9:45 ZUMBA 11:30 Lunch 12:30 Poker League 12:45 Bingo</p>
<p>9:00 Mah Jongg 13 9:45 Zumba 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge CLOSED 12:30 Shopping Mkt Basket 12:30 Poker League</p>	<p>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 1:00 Beginner Tai Chi 2:00 Tai Chi</p>	<p>10:00 Creative Writing 15 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>8:45 Total Senior Fitness 16 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>9:00 Tap Dancing 17 9:45 ZUMBA 11:30 Lunch 12:30 Poker League 12:45 Bingo</p>
<p>CLOSED 20</p>	<p>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 1:00 Beginner Tai Chi 2:00 Tai Chi</p>	<p>10:00 Creative Writing 22 10:30 Yoga 11:30 Lunch 12:30 Poker League 1:00 Knitting Group 1:00 Social Cribbage 1:00 Chair Yoga 7:00 Cribbage Club</p>	<p>8:45 Total Senior Fitness 23 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>9:00 Tap Dancing 24 9:45 ZUMBA 11:30 Lunch 12:30 Poker League 12:45 Bingo</p>
<p>9:00 Mah Jongg 27 9:45 Zumba 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge CLOSED 12:30 Shopping Mkt Basket 12:30 Poker League</p>	<p>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 1:00 Beginner Tai Chi 2:00 Tai Chi</p>			

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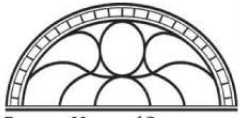
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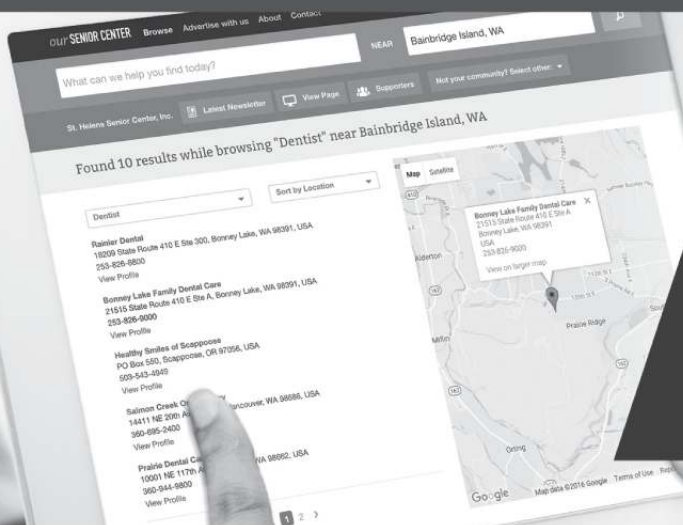


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I Do Belong, I Really Do
By Nancy R. S. Diaz

This is the place I really belong, here at the Swampscott Senior Center at the Creative Writing Class. This is a place where friends—a true family—gather once a week, a safe haven to share joys, sorrows, fears, triumphs, and even the mundane.

This is where we learn so much more than writing; all the nuances of poetry including rhyme, meter, and different forms such as sestinas and sonnets. Then, of course, prose; proper transitions from paragraph and words... who ever heard of penultimate? We know, we've been informed. We learn diplomacy, kindness, when it's appropriate to speak out and keep politics out of our discussions. Respect is on top of the list. And we do respect each other, greatly. We have admiration for talent and the gift of humor, scientific research, and the ridiculous. Here is where we laugh and cry, and eat. Home-made goodies, or store-bought, no matter, it's probably why I feel so much fatter.

We are a family, all.

At the helm resides our great leader, sensitive, intelligent, gentle, kind and learned. Her voice so soft, thoughtfully spoken words, compassionate to our ears. And she listens, beyond our words, between the lines gleaning our meaning at every turn. The clarity of what we are trying to convey comes out, pulled from our minds and corrected with pen and posted for all to read. We share with the world our words, our thoughts, our dreams, and our grandchildren.

Yes, here is where I belong, I really do.

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 _____

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Computers 101 Coming Soon!

Want to learn more about computers, email etc...ask for details at the front desk.

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.

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.

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 and they will ask you to wear a visitor badge.

We Love Your Ideas

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