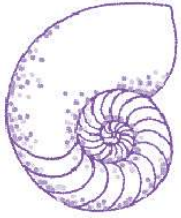


# Swampscott Senior Center



# 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

MARCH 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 of the Senior Center!

We have so many exciting projects and classes here at the Senior Center. Presently, we have three intergenerational projects going on. They are a wonderful experience for the seniors and for the students who are involved. I would like to share a bit about each one.

Pen Pals this year are with Sami Lawler's 4th grade class at Stanley School. Each student and each senior exchanges 3 letters during the year describing family, things they enjoy and life in general. In the spring, the pen pals meet at the Senior Center for lunch and a game of Bingo.

Both groups are delighted to get their letters. The students often decorate the envelopes with drawings and stickers. It is a rewarding experience for everyone.

Thank you to Norma Freedman who is the liaison between the center and the school this year.

Oral History at the Clarke School brings a group of seniors to meet student leaders from the 4th grades. With the help of Mrs Kalpin, Ms Frasca and Ms Morgan at the schools, students interview the seniors about their experiences going to elementary school. They then prepare a slide show presentation to show at an assembly. It is always interesting for both the students and the seniors.

This year, Ruth Iarrobno is the liaison between the schools and the center.

Computer Classes. A group of high school students lead by Lytania Mackay, the Vice Principal, are presently running a 5-week computer class on Wednesday and Thursday mornings. Chrome Book laptops used for this project were generously donated by the Friends of Swampscott Senior Center Board. Instruction is supported with one to one help from the students to the members of the class. Thanks to Anne Quagrello and Gina Bush on staff for coordinating these classes. They are going very well.

High school students also performed for a Men's Club luncheon. They were amazing! Students also offered one on one cell phone tutorials this fall. These intergenerational projects enhance the lives of our clients and give our center a strong presence as a community based organization. By the way, the Girl Scouts of Swampscott hold their troop meetings at the center. I love seeing the youngest group arrive on Monday after school. The Daisies, which is a troop of 5 year olds. They are certainly a bundle of energy. Thanks to everyone who helped make this happen.

-Marilyn

**FOXWOODS will be back in MARCH!**

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 to save your seat. (*package is subject to change*).

**Lifeline Presentation**

Join us for a free presentation on this wonderful life alert service. Senior citizens, caregivers and family members are all welcome. Wednesday, March 29th at 12:00pm. Light refreshments will be served. Please sign up at the front desk or call 781-596-8866.

**March Madness Party**

Please join us on March 11th at 11:30 for a spring party! We will have a delicious meal catered by our favorite, Chef Paul and entertainment by Charlie Dawson who sang at our holiday party. Tickets are \$5.

**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 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.

**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!

**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](http://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](http://www.ourseniorcenter.com/find/Swampscott-council-on-aging)

**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**

We have a FOOT DR come 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. 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.



**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.

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Fish w Tartar Sauce Grilled Chicken Sandwich Cream of Broccoli Soup	2 Roast Beef w Gravy Egg Salad Sandwich Carrot Ginger Bisque	3 Lasagna w White Sauce Turkey Pesto Sandwich Cream of Broccoli Soup
6 Honey Rosemary Pork Grilled Chicken Sandwich Veggie Noodle Soup	7 Chicken w Winter Veggies Shaved Roast Beef Sandwich Tomato Rice Soup	8 Meatball Sub and Salad Chicken Salad Roll Kale & White Bean Soup	9 Roast Turkey w Gravy Egg Salad Sandwich Potato Leek Soup	10 Fish w Florentine Sauce Turkey & Cheese Sandwich Vegetable Soup
13 BBQ Chicken Tuna Sandwich Navy Bean Soup	14 Meatloaf w Gravy Southwest Chicken Salad Wrap Mushroom & Barley Soup	15 Baked Chicken w Gravy Ham & Cheese Sandwich Lentil Soup	16 <b>St Patrick's Day Special</b> Corned Beef & Cabbage Carrots, Turnips, Potatoes Brownie & Irish Soda Bread	17 Fish w Tartar Sauce Turkey Cranberry Apple Salad Roll Vegetable Soup
20 Meatballs w Gravy BBQ Chicken Wrap Cauliflower Cheddar Soup	21 Apricot Glazed Chicken Shaved Roast Beef & Cheese Sandwich Split Pea Soup	22 Hot Dog & Baked Beans Egg Salad Sandwich Tomato Rice Soup	23 Lasagna w Meat Sauce Turkey & Swiss Sandwich Minestrone Soup	24 Fish w Tartar Sauce Gourmet Pork Sandwich Broccoli Cheddar Soup
27 Chicken Curry Roast Beef & Provolone Roll Potato Leek Soup	28 Pot Roast w Gravy Chicken Caesar Wrap Vegetable Soup	29 Pork Ragout w Pasta Grilled Chicken Sandwich Navy Bean Soup	30 Lemon Thyme Chicken Deviled Egg Sandwich Mushroom Barley Soup	31 Vegetable & Cheese Quiche Chicken Salad Sandwich Kale & White Bean Soup



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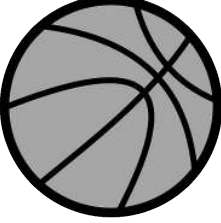
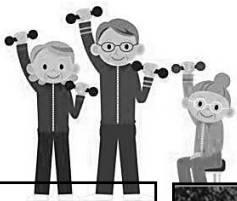

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### SENIOR CENTER HOURS

**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
		10:00 Creative Writing 1 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 2 10:00 Cardio/Toning Class 10:30 Computers 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 3 9:45 ZUMBA 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 <b>CLOSED</b> 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 1:00 Beginner Tai Chi 2:00 Tai Chi	10:00 Creative Writing 8 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 9 10:00 Cardio/Toning Class 10:30 Computers 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 10 9:45 ZUMBA 11:30 Lunch 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 13 9:45 Zumba 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge <b>CLOSED</b> 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 1:00 Beginner Tai Chi 2:00 Tai Chi	10:00 Creative Writing 15 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 16 10:00 Cardio/Toning Class 10:30 Computers 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 17 9:45 ZUMBA 11:30 Lunch 12:30 Poker League 12:45 Bingo
<b>CLOSED</b> 20	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	10:00 Creative Writing 22 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 23 10:00 Cardio/Toning Class 10:30 Computers 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 24 9:45 ZUMBA 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 <b>CLOSED</b> 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			

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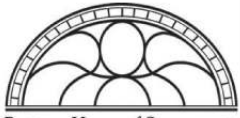
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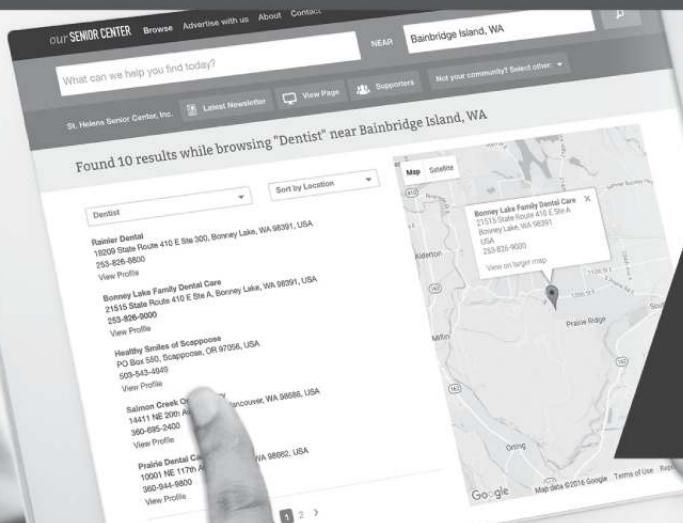


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Swampscott Council on Aging, Swampscott, MA 06-5179

**EIDER HOTLINE**

Finding the answers to questions about issues can sometimes be confusing. The Attorney General’s Office has a statewide, toll-free telephone hotline to assist individuals on a wide range of elder issues.

**The number is 1-888-243-5337 Monday through Friday 10:00 am - 4:00 pm**

This elder hotline provides a valuable service to Massachusetts’ senior citizens, their families and others seeking information about elder-related issues and programs throughout the Commonwealth. The hotline, which is staffed by senior volunteers, provides dispute resolution services and a comprehensive resource of information and referral on a full range of concerns.

**Common concerns include:**

- Debt and Debt Collection Practices**
- Home Improvements**
- Long-term Care Insurance**
- Telemarketing**
- Health Insurance**
- Landlord and Tenant Issues**
- Scam Awareness**

**SNOW DAYS**

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

**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.

**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.  
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If this is a tribute gift, please fill out the following information:

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**Choices**

**By JoAnne Pendleton**

When facing problems we can opt  
To chance the path less traveled  
Or take the proven rutted road  
The choice is ours to make,  
Or so we’d like to believe

But life is not that simple  
And the answers never that pat  
Consequences must be weighed  
Repercussions factored in  
And measured over the long haul

We consider all relevant impacts  
And settle on a a solution  
Then hope for the best as we roll the dice  
For life’s a continuous crapshoot  
And we don’t always win

**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.