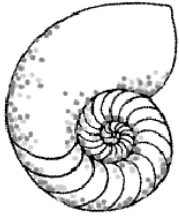


Swampscott Senior Center



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

AUGUST 2017

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

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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Hi Everyone!

The Dog Days of August are upon us. Hope everyone is enjoying the summer weather, getting outside, gardening, having ice cream cones by the beach and grateful to live where we do.

July was a busy month here at the Center. With many of our staff vacationing we tried very hard not to interrupt the busy Senior Center routine. We ended June with a trip to the Tall Ships in Boston Harbor. It was a beautiful day out on the ocean. Some of our folks had a lovely trip to the Lowell Mills, which included a canal ride. There was so much enthusiasm when the group returned, I have decided to visit one day soon! A very large group of 50 plus made the journey to Foxwood in mid July- a favorite trip for many of our folks. We continue to take our lunch bunch to lunch at least once a month. In July we went to Haywards in Lynn with a lovely pond view. In August a group will travel to Essex for the Essex River Cruise and lunch.

Just a few reminders when the weather is hot, drink plenty of fluids, dress cool, and if the air quality is reported as bad, do stay inside if you can. Finally we would like to thank Dr. Joan McCormic for her presentation on hearing loss. It was very informative.

Susan

Our writing group is a very dedicated, talented group. This month we feature a piece from JoAnne Pendleton. Check out their board in the hallway to read more wonderful pieces. Thank you JoAnne!

MY WAY

I don't believe in never—or *always*—or *forever*
 I'd rather be the leader than be led
 I'm often dubbed a rebel—stimulated by constraints
 Inherently inclined to change ahead
 I have a predilection - for questioning all boundaries
 And nixing any warnings that I'm fed
 I like to think I'm open—to all advice and counsel
 But often I just take the plunge instead
 In life we're given choices—we weigh out all the options
 And ultimately choose which road to tread
 When mapping out your journey—a comfort zone's
 imprudent
 Don't set a course you'll later come to dread
 And don't believe in never— or *always*—or *forever*
 It's better to be leading than misled

JoAnne Pendleton

July 12, 2017

Essex River Cruise & Lunch at JT Farnhams**August 9th**

Cost for cruise and bus is \$28. Lunch is your responsibility and please note, JT Farnhams is CASH ONLY. Must be able to walk without assistance. Bus will leave the Senior Center at 9:15am. Please sign up and pay at the front desk.

Fall Luncheon and Theatre Show

Delvena Theatre Presents Mae West at the Senior Center: Saturday, October 14th at 12:45pm
Mark your calendars and sign up soon! We will host a luncheon with Chef Paul before the show at 11:45am. Please sign up and pay at the front desk. \$10

Chair Yoga—Wednesdays at 1:00pm

Patty Taylor will be adding a Chair Yoga class on Wednesdays at 1:00pm beginning August 2nd. This is an amazing opportunity to get all of the benefits of yoga without getting up and down off the floor. 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 August 17th

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!

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.

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.

Candy

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

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU



Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Turkey w/ Gravy Or Chicken Salad Roll w/ Chef Salad	2 Chicken w/ Sauce Or Ham & Cheese Sandwich w/ Mixed Green Salad	3 Meatball Sub w/ Sauce Or Turkey Pesto Sandwich w/ Caesar Salad	4 Chicken Fajita Or Tuna Salad Sandwich w/ Garden Salad
7 Hamburger Or Egg Salad Sandwich w/ Caesar Salad	8 Grilled Chicken w/ Orzo Salad Or Ham Salad Sandwich W/ Spinach Salad	9 Garlic Chicken Or Turkey Waldorf Salad Sandwich w/ Garden Salad	10 Chicken Pot Pie Or Roast Beef Sandwich w/ Mixed Green Salad	11 Sweet & Sour Pork Or Chicken Pesto Sandwich w/ Greek Salad
14 Honey Lime Chicken Or Roasted Chicken Sandwich w/ Garden Salad	15 Teriyaki Meatballs Or Ham & Cheese Sandwich w/ Spinach Salad	16 Orange Chicken w/ Mashed Potato Or Tuna Salad Sandwich w/ Chef Salad	17 Chicken w/ Tomato Sauce Or Cuban Sandwich w/ Mixed Green Salad	18 American Chop Suey Or Turkey Gobbler Sandwich w/ Caesar Salad
21 Pork Rib w/ BBQ Sauce Or Ham & Cheese Sandwich w/ Garden Salad	22 Pot Roast w/ Gravy Or Chicken Caesar Sandwich w/ Spinach Salad	23 BBQ Chicken w/ Potato Wedges Or Turkey & Swiss Sandwich w/ Greek Salad	24 Baked Pork Or Roast Beef Sandwich w/ Chef Salad	25 Lasagna Or BBQ Chicken Sandwich w/ Mixed Green Salad
28 Chicken Mirabella w/ Salad Or Roast Beef Sandwich w/ Caesar Salad	29 Meatloaf w/ Gravy Or Roast Chicken Sandwich w/ Greek Salad	30 Pork Hot Dog w/ Coleslaw & Beans Or Tuna Sandwich w/ Mixed Green Salad	31 Chef Salad w/ Turkey Or Ham & Pineapple Salad Sandwich W/ Spinach Salad	



SENIOR CENTER HOURS

MON, TUE & THUR 8:30 a.m. to 3:00 p.m. WED 9:30-3:00 FRIDAY 9:00am—12:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:30 Mah Jongg 1 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 2 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 3 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 4 9:45 Bingo 10:00 Bocce 10:30 Backgammon 11:30 Lunch 12:30 Poker League ** Closed after lunch
9:00 Mah Jongg 7 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 8 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 9 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 10 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 11 9:45 Bingo 10:00 Bocce 10:30 Backgammon 11:30 Lunch 12:30 Poker League ** Closed after lunch
9:00 Mah Jongg 14 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 15 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 16 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 17 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 18 9:45 Bingo 10:00 Bocce 10:30 Backgammon 11:30 Lunch 12:30 Poker League ** Closed after lunch
9:00 Mah Jongg 21 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 22 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 23 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 24 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 25 9:45 Bingo 10:00 Bocce 10:30 Backgammon 11:30 Lunch 12:30 Poker League ** Closed after lunch
9:00 Mah Jongg 28 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 29 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 30 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 31 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	

Seniors at the Beach

A trip to the beach is not about what we want to do, but what others can do. We need to consider everyone's limitations, including medical conditions before heading out.

The following are some important tips to consider when going on a trip to the beach with a senior loved one:

- Consider travel-time, distance and time of day; making a short trip would be a first good choice.
- Make sure to include extra time for restroom stops, and always select a safe area to stop.
- If you are going to the beach in hot weather, the best time of the day is the early morning.
- Identify the best parking access for seniors. In fact, make sure there is a broad flat area adjacent to the vehicle to minimize falls while getting in and out of the vehicle.
- Make sure to make a note of the beach access road's name, block or street address when parking; taking a picture of where you park your vehicle would not be a bad idea.
- Plan your short beach trips during the week and not on busy weekends, especially if you are bringing someone who has dementia. Busy beaches, noise, and commotion could cause frustration and agitation in some seniors.
- Always bring along necessary medical contact information for your loved ones.

- Include a small cooler with water bottles, along with towels and healthy snacks.
- Don't forget the sunscreen and the hats!
- Always park near a lifeguard.
- Never leave senior loved ones alone.

****Fisherman's Beach has parking, a ramp and there is a restroom inside the Fish House!****

Medicare Coverage of Diabetes Supplies

Some diabetic supplies are covered under Medicare Part B (Medical Insurance) rather than Medicare Part D (Drug Plans). These include: blood sugar (glucose) test strips and testing monitors, lancets and lancet devices, insulin pumps and glucose control solutions for checking the accuracy of testing equipment and test strips.

These products are covered under Part B as durable medical equipment and must be purchased with a doctor's prescription from a Medicare-approved supplier or pharmacy. Not all pharmacies realize these supplies should be billed to Medicare Part B.

In addition, some pharmacies, especially those that are not part of a large retail chain, may not participate in Medicare Part B and therefore cannot bill the purchases to Medicare Part B. Always ask if your pharmacy participates in Medicare Part B before purchasing diabetes supplies.

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 _____