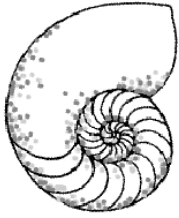


Swampscott Senior Center



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

DECEMBER 2017

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

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

Director: Marilyn Hurwitz

Chairperson: Marilyn Cassidy	Norma Freedman
Mary Cobbett	William Hyde
Ruth Iarrobino	Judee Cyr
Peter McNerny	Robert Powell

Office Mgr: Dottie Kitoski Outreach Coordinator: Gina Bush
Admin/Activities: Anne Quagrello
Receptionist/Activities: Diane Reynolds
Drivers: Emery Richard ,Ed Kitoski, Ken Avery , Howie Conley
GLSS Site Mgr: Helen Richard

It is the season of reflection and as I sit and write this greeting, I think back over the past year and of all of you who have graced the doors of the Swampscott Senior Center. I feel privileged to be part of all of your lives. Although we have lost some of our friends over the past year we have welcomed many new friends to our community of seniors.

In 2017 we added many new programs. Working in collaboration with the Swampscott High School and their students, we now offer computer educational classes. We have many enrichment programs as well as social programs. We have also opened our doors to those in the community for art shows, athletic groups, Cub Scouts, Girl Scouts and many more.

Your generosity has helped fund not only the Senior Center, but also our Holiday giving tree which benefits The Lynn Item Holiday Fund Raiser. Our annual Opening Day Jimmy Fund Drive, the Boston Children's Hospital, veterans and school programs throughout the town. Your donations of candy throughout the year satisfies everyone's sweet tooth. Our dedicated volunteers make it possible for us to offer all of the wonderful programs and services we provide.

The Generosity of The Friends of The Swampscott Senior Center has enriched the Center with a beautifully maintained garden, computers for our classes, coffee and necessary office equipment that we

otherwise would not be able to afford. This month they purchased a new gorgeous TV and media center where we will be showing movies, sporting events and more in the near future. We are always looking for ways to get you out of your homes in the winter and we hope this will help.

In December we will once again be decorating our tree in order to raise money for the Lynn Item Holiday Drive. Our Holiday Party is scheduled for Saturday, December 16, 2017 and will be a catered event with entertainment. Tickets will be on sale soon. We also have a trip to The Danversport Yacht Club planned on Tuesday, December 5, 2017 for an afternoon of holiday music and lunch. Please check out our announcement board for further information. The staff and I would like to wish you and your families a very happy holiday season.

-Diane Reynolds

**Our annual
holiday party
will be on
Saturday,
December 16th!**



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.

Annual Holiday Party—Sat Dec 16th

Join us for a wonderful holiday celebration with a dinner by Chef Paul and entertainment. Purchase tickets at the front desk soon.

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.

Men's Club—Thursday, December 21st 1:00pm

Join us for our annual Men's Club Holiday luncheon. We will have a delicious meal and host a 50/50 raffle. Please reserve your spot soon!

SHINE

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

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.

Chrome Books

While spending time at the Senior Center, feel free to check out a Chrome Book laptop to browse the internet, email a friend or anything else. Check one out at the front desk.

Tech Ninjas

Having difficulty with your smart phone or any other device? Make an appointment with a student from Swampscott High School (Tech Ninjas) and they will give you one on one support. They are very patient and very savvy. Please call us for an appointment.

Movie Matinees—Fridays

Be on the look out for Friday afternoon movies by the fireplace!

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 10:30-11:45am.

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!

Foot Doctor

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 Broccoli Cheddar Bake Or Chicken Salad Sandwich w/ Mushroom Soup	5 Beef Chili w/ Baked Potato Or Turkey Waldorf Salad Sandwich w/ Corn Chowder	6 Salisbury Steak Or Chicken Pesto Sandwich w/ Vegetable Soup	7 Roast Turkey w/ Gravy Or Egg Salad Sandwich w/ Tomato Soup	1 Turkey A La King Or Cuban Sandwich w/ Vegetable Soup
11 Stuffed Shells Or Gourmet Pork Sandwich w/ Vegetable Soup	12 Chicken Picatta Or Shaved Roast Beef Sandwich w/ Split Pea Soup Happy Hanukkah!	13 Beef Stew Or Tuscan Chicken Salad Sandwich w/ Kidney Bean Soup	14 Holiday Special Roasted Lamb w/ Gravy, Roasted Red Potato, Garlic Green Beans, Cheesecake, Roll	15 Swedish Meatballs Or Tuna Salad Sandwich w/ Minestrone Soup
18 Beef w/ Onions Or Ham & Cheese Sandwich w/ Corn Chowder	19 American Chop Suey Or Chicken Caesar Salad Roll w/ Cauliflower Cheddar Soup	20 Boneless Pork w/ Gravy Or Turkey & Swiss Sandwich w/ Kale & White Bean Soup	21 Chicken Pot Pie Or Ham & Pineapple Salad Sandwich w/ Veg Barley Soup	22 Turkey Divan w/ Pasta Or Turkey Gobbler Sandwich w/ Mushroom Soup
25 Christmas Closed	26 Boneless Cranberry Chicken Or Roast Beef & Provolone Sandwich w/ Potato Leek Soup	27 Hot Dog w/ Roll and Coleslaw Or Deviled Egg Salad Sandwich w/ Tomato Soup	28 Meatloaf w/ Gravy Or Turkey & Cheddar Sandwich w/ Cream of Broccoli Soup	29 Lasagna Or Cuban Sandwich w/ Vegetable Soup



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
Happy Holidays!				9:00 Tap Dancing 9:45 Bingo 9:45 Zumba & Tone 11:30 Lunch 12:30 Shopping Highland Ave 12:30 Poker League 12:45 Bingo 1
9:00 Mah Jongg 9:30 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 4	8:30 Mah Jongg 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 10:30 Blood Pressure 11:30 Lunch 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Do Yin Self Heal Massage 2:00 Tai Chi Basics 5	9:30 Walking Group 10:00 Creative Writing 10:30 Yoga, 11:30 Lunch 12:30 Poker League 1:00 Chair Yoga 1:00 Knitting Group 1:00 Social Cribbage 6:30 Cribbage Club 6	8:45 Total Senior Fitness 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 7	9:00 Tap Dancing 9:45 Bingo 9:45 Zumba & Tone 11:30 Lunch 12:30 Shopping Highland Ave 12:30 Poker League 12:45 Bingo 8
9:00 Mah Jongg 9:30 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 11	8:30 Mah Jongg 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 10:30 Blood Pressure 11:30 Lunch 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Do Yin Self Heal Massage 2:00 Tai Chi Basics 12	9:30 Walking Group 10:00 Creative Writing 10:30 Yoga, 11:30 Lunch 12:30 Poker League 1:00 Chair Yoga 1:00 Knitting Group 1:00 Social Cribbage 6:30 Cribbage Club 13	8:45 Total Senior Fitness 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 14	9:00 Tap Dancing 9:45 Zumba & Tone 11:30 Lunch 12:30 Shopping Highland Ave 12:30 Poker League 12:45 Bingo 15
9:00 Mah Jongg 9:30 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 18	8:30 Mah Jongg 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 10:30 Blood Pressure 11:30 Lunch 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Do Yin Self Heal Massage 2:00 Tai Chi Basics 19	9:30 Walking Group 10:00 Creative Writing 10:30 Yoga, 11:30 Lunch 12:30 Poker League 1:00 Chair Yoga 1:00 Knitting Group 1:00 Social Cribbage 6:30 Cribbage Club 20	8:45 Total Senior Fitness 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 21	9:00 Tap Dancing 9:45 Zumba & Tone 11:30 Lunch 12:30 shopping Highland Ave 12:30 Poker League 12:45 Bingo 22
9:00 Mah Jongg 9:30 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 25	8:30 Mah Jongg 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 10:30 Blood Pressure 11:30 Lunch 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Do Yin Self Heal Massage 2:00 Tai Chi Basics 26	9:30 Walking Group 10:00 Creative Writing 10:30 Yoga, 11:30 Lunch 12:30 Poker League 1:00 Chair Yoga 1:00 Knitting Group 1:00 Social Cribbage 6:30 Cribbage Club 27	8:45 Total Senior Fitness 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 28	9:00 Tap Dancing 9:45 Bingo 9:45 Zumba & Tone 11:30 Lunch 12:30 Shopping Highland Ave 12:30 Poker League 12:45 Bingo 29

Keeping Busy

The cold weather can keep many seniors indoors. If you're feeling the isolation that the winter months often bring, consider the following to get you through it. Visit the Senior Center and do one or more of the following:

- Meet a friend for a hot coffee by the fire
- Color an adult coloring book
- Do a word puzzle
- Exercise
- Use our Chromebooks to explore on the internet
- Get some tech help with a tech ninja
- Exercise
- Bundle up and take a walk
- Catch a movie on Friday afternoons

Be Careful!

Snow Shoveling Danger by the Numbers

On average 12000 people a year are injured and 100 die as a result of shoveling snow. Add the back injuries, shoulder dislocation and heart attacks, and snow shoveling is one of the most dangerous activities senior citizens can attempt.

Harvard University suggests that people over the age of 50 should take special precautions to avoid snow shoveling hazards.

Holiday Happenings from the Swampscott Recreation Department.

December 9th: Breakfast with Santa at the Senior Center

December 16th: Holiday parade (High School to Monument), Tree Lighting, Flashlight Candy Cane Hunt, Bouncy House, Gingerbread Display (town hall)

December 31st: First Night Swampscott at Swampscott High School 2:00pm-6:00pm. Magician, Bicycle stunts, Curious Creatures and a ball drop

Grab the Grandkids and enjoy the season!

Check out www.swampscottrec.com for more details.

Our entire staff would like to wish all of our friends at the senior center a wonderful, happy and healthy holiday season!

Thank you for letting us be a part of your lives.

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 _____