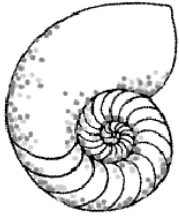


Swampscott Senior Center



# 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 2018

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

200R ESSEX STREET, SWAMPSCOTT, MA 01907

### BOARD MEMBERS

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

### Director: Marilyn Hurwitz

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

Dear Friends

We hope you all had a wonderful holiday season filled with family, friends and love. We had so much going on at the Senior Center recently and we hope you have all had a chance to enjoy something here with us. Our holiday party was a wonderful success yet again! We served over 80 guests with the help of our generous and kind staff and board members. We also hosted our Men's Club holiday party in December which was kindly funded by the Friends. Thank you Friends!

We are happy to welcome our newest staff member, Kerry O'Shaughnessy to our team. Please introduce yourselves at the front desk. We are so lucky to have her and it feels like she has been here forever already. Welcome Kerry!!

We still have so much going on and hope you will get out of the house and spend time with us all winter. We have new bridge and art classes happening and all of our usual offerings. We have been enjoying our movie mat-

nees on Fridays by the fire. We will post the movie at the center during the week so come check it out and watch a movie by the fire.

If you received a new gadget for the holidays and need help setting it up, call us to set up an appointment with a Tech Ninja. These are high school students that pop over to the center for an hour at a time to provide one on one technical support. We are so lucky to have them close by. They are friendly, patient and most of all...smart! They are happy to help so grab your device and set up an appointment.

We know it can be tough to get out of the house in the winter months. It is very important to stay connected to friends and family and that is what we are here. Please keep coming in and spending time with us!

Thank you,  
Anne Quagrello



**Tuesday Bridge**

Tuesday Bridge will resume with a playing lesson on January 16, 2018 at 12:30. Bridge players who have taken basic bridge with Marilyn are welcome.

**Beginner Bridge Class**

A New Beginner Bridge Class will start on Thursday February 8 for six weeks. The cost will be \$30 and the students must purchase a class book. The cost for the book will be \$12.00

**Movie Matinees—Fridays**

Come catch a movie with friends by the fire Fridays at 10:00am.

**YMCA Partnership**

Interested in learning to play Pickle Ball? How about Water Aerobics? Please let the front desk know if you would be interested. Details to follow.

**Looking for Mah Jong Cards?**

\$8 for regular, \$9 for large print. Please bring cash only in an envelope with your name, address and phone number on it to the front desk.

**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.

**Check out a Laptop**

While spending time at the Senior Center, feel free to check out a 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.

**Foot Doctor**

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

**New ART Class—THURSDAYS**

A watercolor course with Anne Bowen will be offered on THURSDAYS for five weeks beginning January 4 ( 11th, 18th, 25th and Feb 7) 9-11 AM. All levels beginner through advanced. Basic materials provided. \$35 for course.

**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 by the fire 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**

**Walking at the High School**

We will soon have designated times when you can walk the track inside at the High School. Be on the lookout for the details. More to follow!

Cost, \$2.00 per Meal

**COMMUNITY CAFÉ MENU**

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b>Happy New Year!</b></p> <p><b><u>CLOSED</u></b></p>	<p>2</p> <p>Roast Beef w/ Gravy Or Turkey Waldorf Salad Sandwich w/ Vegetable Soup</p>	<p>3</p> <p>Teriyaki Meatballs Or Tuna Salad Sandwich w/ Cauliflower Cheddar Soup</p>	<p>4</p> <p>Chicken Pot Pie Or Egg Salad Sandwich w/ Tomato Soup</p>	<p>5</p> <p>Cheese Lasagna Or Roast Beef &amp; Provolone Sandwich w/ Mushroom Soup</p>
<p>8</p> <p>American Chop Suey Or Pork Sandwich w/ Corn Chowder</p>	<p>9</p> <p>Pasta Primavera Or Shaved Roast Beef Sandwich w/ Minestrone Soup</p>	<p>10</p> <p>Roast Chicken Or Egg Salad Roll w/ Kale &amp; White Bean Soup</p>	<p>11</p> <p>Dijon Crusted Pork Or Turkey &amp; Cheddar Sandwich w/ Split Pea Soup</p>	<p>12</p> <p>Turkey A La King Or Tuna Salad Sandwich w/ Potato Leek Soup</p>
<p>15</p> <p><b><u>CLOSED</u></b></p>	<p>16</p> <p>Broccoli Cheddar Bake Or Chicken Caesar Roll w/ Split Pea Soup</p>	<p>17</p> <p>Turkey Dinner Or Cuban Sandwich w/ Southern Kidney Bean Soup</p>	<p>18</p> <p><b><u>Hawaiian Luau</u></b> Chicken w/ Pineapple Sauce, Island Fried Rice, Tropical Slaw and Luau Cake</p>	<p>19</p> <p>Pasta &amp; Meatballs Or Roast Beef &amp; Provolone Sandwich w/ Cauliflower Cheddar Soup</p>
<p>22</p> <p>Beef Stew Or Ham &amp; Cheese Sandwich w/ Veggie Noodle Soup</p>	<p>23</p> <p>Stuffed Shells Or Turkey &amp; Cheese Sandwich w/ Mushroom Soup</p>	<p>24</p> <p>Chicken Picatta Or Deviled Egg Salad Sandwich w/ Barley &amp; Greens Soup</p>	<p>25</p> <p>Baked Haddock Or Grilled Chicken Sandwich w/ Broccoli Cheddar Soup</p>	<p>26</p> <p>Swedish Meatballs Or Ham &amp; Pineapple Salad Sandwich w/ Tomato Soup</p>
<p>29</p> <p>Turkey Divan Or Tarragon Chicken Salad Sandwich w/ Barley Veg Soup</p>	<p>30</p> <p>Oven Fried Chicken Or Chicken Pesto Sandwich w/ Tomato Kale &amp; White Bean Soup</p>	<p>31</p> <p>Ham &amp; Cheese Bake Or Turkey Gobbler Sandwich w/ Tomato Soup</p>		



## 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
<p style="text-align: right; font-weight: bold;">1</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">Happy New Year!</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;"><u>CLOSED</u></p>	<p style="text-align: right; font-weight: bold;">2</p> <p>8:30 Mah Jongg 9:00 Stretch &amp; Tone 10:00 Canasta 10:00 Rummy Cube 10:30 Blood Pressure 11:30 Lunch 12:30 Shopping Stop &amp; Shop 12:45 Bingo 1:00 Do Yin Self Heal Massage 2:00 Tai Chi Basics</p>	<p style="text-align: right; font-weight: bold;">3</p> <p>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</p>	<p style="text-align: right; font-weight: bold;">4</p> <p>45 Total Senior Fitness 10:00 Cardio Tone <b>Closed</b> 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</p>	<p style="text-align: right; font-weight: bold;">5</p> <p>9:00 Tap Dancing 9:45 Zumba &amp; Tone 10:00 Movie by the Fire 11:30 Lunch 12:30 Shopping Highland Ave 12:30 Poker League 12:45 Bingo</p>
<p style="text-align: right; font-weight: bold;">8</p> <p>9:00 Mah Jongg 9:30 Zumba 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge <b>CLOSED</b> 12:30 Gin Rummy 12:30 Shopping Mkt Basket 12:30 Poker League</p>	<p style="text-align: right; font-weight: bold;">9</p> <p>8:30 Mah Jongg 9:00 Stretch &amp; Tone 10:00 Canasta 10:00 Rummy Cube 10:30 Blood Pressure 11:30 Lunch 12:30 Shopping Stop &amp; Shop 12:45 Bingo 1:00 Do Yin Self Heal Massage 2:00 Tai Chi Basics</p>	<p style="text-align: right; font-weight: bold;">10</p> <p>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</p>	<p style="text-align: right; font-weight: bold;">11</p> <p>8:45 Total Senior Fitness 10:00 Cardio Tone <b>Closed</b> 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</p>	<p style="text-align: right; font-weight: bold;">12</p> <p>9:00 Tap Dancing 9:45 Zumba &amp; Tone 10:00 Movie by the Fire 11:30 Lunch 12:30 Shopping Highland Ave 12:30 Poker League 12:45 Bingo</p>
<p style="text-align: right; font-weight: bold;">15</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;"><u>MLK DAY</u></p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;"><u>CLOSED</u></p>	<p style="text-align: right; font-weight: bold;">16</p> <p>8:30 Mah Jongg 9:00 Stretch &amp; Tone 10:00 Canasta 10:00 Rummy Cube 10:30 Blood Pressure 11:30 Lunch 12:30 Shopping Stop &amp; Shop 12:45 Bingo 1:00 Do Yin Self Heal Massage 2:00 Tai Chi Basics</p>	<p style="text-align: right; font-weight: bold;">17</p> <p>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</p>	<p style="text-align: right; font-weight: bold;">18</p> <p>8:45 Total Senior Fitness 10:00 Cardio Tone <b>Closed</b> 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</p>	<p style="text-align: right; font-weight: bold;">19</p> <p>9:00 Tap Dancing 9:45 Zumba &amp; Tone 10:00 Movie by the Fire 11:30 Lunch 12:30 Shopping Highland Ave 12:30 Poker League 12:45 Bingo</p>
<p style="text-align: right; font-weight: bold;">22</p> <p>9:00 Mah Jongg 9:30 Zumba 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge <b>CLOSED</b> 12:30 Gin Rummy 12:30 Shopping Mkt Basket 12:30 Poker League</p>	<p style="text-align: right; font-weight: bold;">23</p> <p>8:30 Mah Jongg 9:00 Stretch &amp; Tone 10:00 Canasta 10:00 Rummy Cube 10:30 Blood Pressure 11:30 Lunch 12:30 Shopping Stop &amp; Shop 12:45 Bingo 1:00 Do Yin Self Heal Massage 2:00 Tai Chi Basics</p>	<p style="text-align: right; font-weight: bold;">24</p> <p>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</p>	<p style="text-align: right; font-weight: bold;">25</p> <p>8:45 Total Senior Fitness 10:00 Cardio Tone <b>Closed</b> 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</p>	<p style="text-align: right; font-weight: bold;">26</p> <p>9:00 Tap Dancing 9:45 Zumba &amp; Tone 10:00 Movie by the Fire 11:30 Lunch 12:30 shopping Highland Ave 12:30 Poker League 12:45 Bingo</p>
<p style="text-align: right; font-weight: bold;">29</p> <p>9:00 Mah Jongg 9:30 Zumba 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge <b>CLOSED</b> 12:30 Gin rummy 12:30 Shopping Mkt Basket 12:30 Poker League</p>	<p style="text-align: right; font-weight: bold;">30</p> <p>8:30 Mah Jongg 9:00 Stretch &amp; Tone 10:00 Canasta 10:00 Rummy Cube 10:30 Blood Pressure 11:30 Lunch 12:30 Shopping Stop &amp; Shop 12:45 Bingo 1:00 Do Yin Self Heal Massage 2:00 Tai Chi Basics</p>	<p style="text-align: right; font-weight: bold;">31</p> <p>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</p>		

### 5 Lifestyle Tweaks to Help Ward Off Dementia

*From AARP.Com*

#### 1 Walk More

Simply adding a one-hour walk to your schedule, three times a week, can reap big rewards when it comes to dementia. A new study out of the University of British Columbia in Canada found that walking could boost brain function in those with vascular dementia.

#### 2 Socialize More

In an even larger study involving 2,249 women 78 and older, researchers found that those with larger social networks were 26 percent less likely to develop dementia than those with smaller social networks. And women who connected daily with friends and family slashed their risk of dementia by nearly half.

#### 3 Protect Your Head

"There appears to be a strong link between future risk of Alzheimer's and serious head trauma, especially when injury involves loss of consciousness." Therefore, it's imperative that you protect your head by wearing a seat belt, using a helmet when participating in sports and making sure your home is fall-proof.

#### 4 Be More Mindful of Your Diet

In general, because obesity, diabetes and high cholesterol are all risk factors for dementia, it's important to talk to your doctor about your diet and daily calorie intake. Eating more leafy greens and cutting back on red meat have also been shown to reduce your dementia risk. And in bad news for diet soda lovers, new research finds that the artificial sweeteners used in diet drinks have been linked to a greater risk of dementia and stroke.

#### 5 Get More Quality Sleep

You may be getting sleep, but are you getting enough sleep? If you aren't sleeping at least seven to eight hours a night, you could be setting yourself up for an array of health problems, including dementia, says a report from the Global Council on Brain Health, a collaborative from AARP.

#### Have you seen the new town website?

Check out [www. Town.swampscott.ma.us](http://www.Town.swampscott.ma.us)  
Each department in town has their own page including us! Check it out!

**And don't forget to "Like" us on Facebook to see updates and pictures from our events. Need help creating a Facebook account? Make an appointment with a Tech Ninja!**

#### 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 \_\_\_\_\_