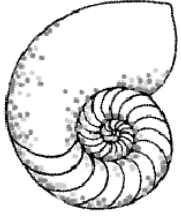


# Swampscott Senior Center



# 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 2018

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, Kerry O'Shaughnessy  
**Drivers:** Emery Richard, Ed Kitoski, Ken Avery, Howie Conley  
**GLSS Site Mgr:** Helen Richard

Dear Seniors, Friends and Family Members,  
2018 certainly came in with a roar of extremely cold weather. We hardy New Englanders bundled up and lived through it. January seemed to wiz by with many Mondays off for the holidays and a blizzard like day to also survive. We are now entering into the month that celebrates *love and relationships*.

Can you look back and reflect on your love experiences? Dating in high school, finding your life's work, meeting your spouse, planning a wedding, becoming a parent, raising your children, planning their weddings, watching your grand children grow. Most of us have been fortunate in our lives to share these milestones with family and friends. I like to think that our Senior Center has become a resource for our clients to share their life experiences both past and present. The center has also become a place to meet with new people, enjoy a lunch or shopping experience with others, and perhaps learn a new skill or share afternoons of knitting or a card game.

The center staff urges you all to look around your neighborhood and see if another senior citizen could benefit from our offerings. Can each of you try to bring a new person to our cen-

ter? We also welcome your ideas about our programming. Everyone should be aware of our calendar of activities, or our special events, and our monthly trips. Have you tried an exercise class? Do you know that the center teaches mahjonn, canasta, rummy cube, chess, bridge, and many different levels of fitness activities? We also run both a writing class and several different art classes throughout the year. Have you come in for a Friday morning movie? It is a nice take and something else to enjoy with friends.

This is an excellent lead into our Valentine's Party event which will take place on February 10th. The Senior Tones, lead by Howie Conley will provide the entertainment and Chef Paul will prepare a delicious meal. Hope to see you there.

We are hoping to add a new service to our transportation offerings by March. With two vans on the road Tuesday and Wednesday, we will be offering medical rides for our clients. These will be locally not into Boston. Details to follow.

Stay strong this February as it can also be a challenging weather month.

-Marilyn

**Chess—Thursdays 12:30**

Beat the winter blues and put that mind to work by playing chess with friends. This friendly group is seeking new participants. Come *check mate* it out!

**Chair Yoga—taking a break**

Chair yoga will resume again in the spring. Details to follow.

**Movie Matinees—Fridays**

Every Friday, we will show a movie by the fire and serve some delicious snacks. Movies will be announced during the week and we are always open to requests. Lights! Camera! Action!

**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

**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, laptops are available for use and wifi is available. Please inquire at the front desk.

**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!

**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.

**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](mailto: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!

**Foot Doctor**

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

**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.

**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!**

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Garlic Chicken Or Tuna Salad Sandwich w/ Tomato Soup	2 Beef Chili Or Roast Beef & Provolone sandwich w/ Mushroom Soup
5 Lasagna Or Turkey Waldorf Salad Sandwich w/ Kale & White Bean Soup	6 Cranberry-Orange Chicken w/ Rice Pilaf Or Tuna Salad Sandwich w/ Vegetable Soup	7 Hot Dog and Beans Or Egg Salad Roll w/ Tomato Soup	8 Pot Roast w/ Gravy Or Gourmet Pork Sandwich w/ Mushroom Soup	9 Pork Ribs w/ Gravy Or Roast Beef & Provolone Sandwich W/ Split Pea Soup
12 Chicken Cacciatore Or Tuna Sandwich w/ Kale & Bean Soup	13 Roast Beef w/Gravy Or Turkey & Cheddar Sandwich w/ Vegetable Soup	14 Carne Guisada (beef) Or Chicken Caesar Roll w/ Corn Chowder	15 <b>Friendship Celebration</b> Southern Fried Chicken, Sweet Po- tato Casserole, Green Beans, Bisquit, Cake	16 Veggy-Egg-Cheese Bake Or Roast Beef Sandwich w/ Veggie & Rice Soup
19  CLOSED	20 Lemon Thyme Chicken Or Ham & Pineapple Salad Sandwich w/ Kidney Bean Soup	21 Sweet & Sour Meatballs Or Ham & Cheese Sandwich w/ Veggie Noodle Soup	22 Beef Stew Or Turkey & Swiss Sandwich w/ Split Pea Soup	23 Stuffed Shells Or Grilled Chicken Sandwich w/ Minestrone Soup
26 Shepard's Pie Or Turkey & Cheddar Sandwich w/ Broccoli Cheddar Soup	27 Chicken Marsala Or Roast Beef & Provolone w/ Leek & Potato Soup	28 American Chop Suey Or Chicken Salad Sandwich w/ Veggie Rice 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**

<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>						
							<b>1</b> 4:45 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		<b>2</b> 9:00 Tap Dancing 9:45 Zumba & Tone 10:00 Movie by the Fire 11:30 Lunch 12:30 Shopping Highland Ave 12:30 Poker League 12:45 Bingo					
					<b>5</b> 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		<b>6</b> 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		<b>7</b> 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		<b>8</b> 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		<b>9</b> 9:00 Tap Dancing 9:45 Zumba & Tone 10:00 Movie by the Fire 11:30 Lunch 12:30 Shopping Highland Ave 12:30 Poker League 12:45 Bingo	
					<b>12</b> 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		<b>13</b> 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		<b>14</b> 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		<b>15</b> 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		<b>16</b> 9:00 Tap Dancing 9:45 Zumba & Tone 10:00 Movie by the Fire 11:30 Lunch 12:30 Shopping Highland Ave 12:30 Poker League 12:45 Bingo	
					<b>19</b> <b>CLOSED</b>		<b>20</b> 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		<b>21</b> 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		<b>22</b> 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		<b>23</b> 9:00 Tap Dancing 9:45 Zumba & Tone 10:00 Movie by the Fire 11:30 Lunch 12:30 shopping Highland Ave 12:30 Poker League 12:45 Bingo	
					<b>26</b> 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		<b>27</b> 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		<b>28</b> 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					

### New England Weather By R. Kaufman

The weatherman looks delighted  
 As he smiles from the T.V.  
 There must be a storm brewing  
 Cause he's as happy as can be

Six to eight inches of snow  
 Maybe mixed with sleet  
 He can't contain his joy  
 A forecast I'd like to delete

Ice and snow blankets the street  
 I venture outside with my groans  
 The landscape looks beautiful  
 But the cold enters my bones

I whine all the time I'm out  
 This is not my favorite season  
 But when it's hot in the summer  
 I don't find that too pleasin'

So if you hear me complain  
 Of summer's heat or winter's ice  
 Remind me that this is New England  
 And Mother Nature rolls the dice

I'm told we're sturdy rock  
 No weather stands in our way  
 So if you like lots of changes  
 We can have four seasons in one day.

### Can I Still Change My Medicare Plan?

The annual Medicare Open Enrollment period ended on December 7, but you may still be able to change plans during 2018.

#### Medicare's 5-Star Special Enrollment Period

You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. This can be done at any time through November 30, with the enrollment effective the first of the following month. The Tufts Medicare Preferred HMO plans, the Blue Cross Blue Shield HMO Blue plans, and the Blue Cross Blue Shield Prescription Drug plans have achieved the 5-Star rating for 2018. You can enroll in one of these plans, as long as you meet the plan's eligibility requirements. If you are currently in a Medicare Advantage or Medicare Prescription Drug Plan, this new enrollment will automatically disenroll you from your previous plan. For the HMO plans you should check with your doctor (s) and other health care providers to confirm that they are in this plan's network since it only provides coverage for in-network providers.

#### For those with a Medicare Advantage Plan (HMO or PPO):

Between January 1 and February 14 each year, anyone with a Medicare Advantage plan may drop it and switch to Original Medicare. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

#### For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs:

You can change your Medicare Advantage plan or drug plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

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