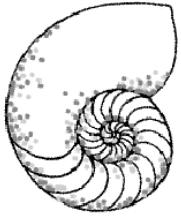


Swampscott Senior Center



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 2018

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

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

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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

Hello friends and family members,

We have survived the worst of the winter months. This month welcomes the beginning of spring. I know I'm always disappointed though because it is often gray, cold and wet during this month. Oh, well spring and summer days are ahead and we should be looking forward to them.

This month we are hosting a nutrition presentation designed by Liana DeLoid who works for *Engaging Nutrition. Live Well. Eat well. Be Well.* The topic will be healthy snacks. The date is March 19 at 10:30 am and she will present healthy snacks. Please call and sign up as we would love to have a large group attend. We urge all of our clients who are returning from the snow bird life to check the schedule and find out if there are new classes or activities that you would like. Please join us for lunch as you cannot find a better deal anywhere in town. We will have a celebration of spring on Monday, March 26 after lunch. *Treadwell's will return with hot fudge ice cream sundaes.*

Thank you to all who came and to those who volunteered for our Valentine's event. The food was terrific and Howie Conley's Group now known as *Memory Lane* and previously called the *Senior Tones* was excellent. Everyone had a grand time. I'm looking forward to seeing all of you this month. Be safe. Be healthy. Be happy.

~Marilyn



Speaking of being healthy...

Join us on **Monday March 19th at 10:30am** to learn about 'Nutrition for Healthy Aging'! Expert local dietitian, Liana DeLoid will present you with information about nutrient needs, planning a balanced menu, when to buy organic and more! Please sign up at the front desk or call 781-596-8866.

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!

Nutrition Talk—Mon March 19th 10:30am

Come join expert local dietitian, Liana DeLoid to learn about Nutrition for Healthy Aging. See our note under Marilyn's welcome letter on the front page.

New Canasta class Tuesdays 10:00-12:00

It's not spring yet! Get out and try Canasta with Elaine Newburg. 6 weeks for \$45. Classes will begin on April 24th. Please sign up at the front desk.

New Beginner Bridge Class—Thursdays 12:45 - 3

Join Marilyn for a 6 week class and learn the basics of bridge. Class will begin on April 5th. \$30 for the class and \$12 for the book. Please sign up.

NEW 5 week ART CLASS—Tuesdays 2:45-4:00pm

\$35 for 5 weeks. No experience necessary. You will experiment using a variety of mediums to make works of art to display on our senior center gallery wall. Instructor: Laure Reis. Begins March 20th

FOXWOODS - Tuesday, March 20th

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.

Movie Matinees—Fridays at 9:30am

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!

Ultimate Walking Meditation—Tuesdays 1:00

You will build strength in your legs and increase stability. This class is a mindfulness program that improves balance, posture and of course progress in your walk.

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

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.

Candy

We are in need of candy donations again. We appreciate your donations greatly!

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.




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.

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Chicken Pot Pie Or Pork Sandwich w/ Mushroom soup</p>	<p>2 Baked Fish w Lemon Or Roast Beef Sandwich s/ Split Pea Soup</p>
<p>5 Curry Chicken Or Turkey Gobbler Sandwich w/ Split Pea Soup</p>	<p>6 Pasta w/ Chicken Meatballs Or Chicken Pesto Sandwich w/Mushroom Soup</p>	<p>7 Honey Rosemary Pork Or Egg Salad Sandwich w/ Creamy Tomato Soup</p>	<p>8 Meatloaf w/ Gravy Or Gourmet Pork Sandwich w/ Vegetable Soup</p>	<p>9 Broccoli Egg Bake Or Roast Beef & Provolone Sandwich w/ kale and white bean soup</p>
<p>12 Stuffed Peppers Or Tuna Sandwich w/ Barley Veggie Soup</p>	<p>13 BBQ Chicken w/ Baked Potato Or Turkey & Cheddar Sandwich w/ Kidney Bean Soup</p>	<p>14 Salisbury Steak w/ Gravy Or Chicken Caesar Roll w/ Broccoli Cheddar Soup</p>	<p>15 St Patrick's Day Celebration Corned Beef & Cabbage, Potato, Car- rots, Turnips, Crème De Minthe Brownie</p>	<p>16 Fish w/ Lemon Wedge Or Shaved Roast Beef Sandwich w/ Potato Leek Soup</p>
<p>19 Lasagna w/ Salad Or Turkey Apple Sandwich w/ Vegetable Soup</p>	<p>20 Cranberry Orange Chicken Or Ham & Pineapple Salad Sandwich w/ Kale & White Bean Soup</p>	<p>21 Pork Hot Dog w/ Baked Beans Or Chicken Salad w/ Cauliflower Cheddar Soup</p>	<p>22 Pot Roast w/ Gravy Or Turkey & Swiss Sandwich W Vegetable Rice Soup</p>	<p>23 Breaded Fish Or Grilled Chicken Sandwich w/ Corn Chowder</p>
<p>26 Chicken Cacciatore Or Roast Beef & Provolone Sandwich w/ Barley Soup</p>	<p>27 Roast Beef w/ Onion Gravy Or Ham & Cheese Sandwich w/ Corn Chowder</p>	<p>28 BBQ Pork Ribs Or Chicken Salad Sandwich w/ Split Pea Soup</p>	<p>29 Roast Turkey w/ Gravy Or Cuban Sandwich w/ Minestrone Soup</p>	<p>30 Spinach & Cheese Bake Or Turkey & Swiss Sandwich w/ Mushroom 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
			45 Total Senior Fitness 1 10:00 Cardio Tone 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 2 9:30 MOVIE 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
9:00 Mah Jongg 5 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	8:30 Mah Jongg 6 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 Ult Walking Meditation 2:00 Tai Chi Basics	9:30 Walking Group 7 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	8:45 Total Senior Fitness 8 10:00 Cardio Tone 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 9 9:30 MOVIE 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
9:00 Mah Jongg 12 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	8:30 Mah Jongg 13 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 Ult Walking Meditation 2:00 Tai Chi Basics	9:30 Walking Group 14 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	8:45 Total Senior Fitness 15 10:00 Cardio Tone 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 16 9:30 MOVIE 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
9:00 Mah Jongg 19 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	8:30 Mah Jongg 20 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 Ult Walking Meditation 2:00 Tai Chi Basics	9:30 Walking Group 21 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	8:45 Total Senior Fitness 22 10:00 Cardio Tone 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 23 9:30 MOVIE 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
9:00 Mah Jongg 26 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	8:30 Mah Jongg 27 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 Ult Walking Meditation 2:00 Tai Chi Basics	9:30 Walking Group 28 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	8:45 Total Senior Fitness 29 10:00 Cardio Tone 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 30 9:30 MOVIE 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

NEVER SAY NEVER

JoAnne Pendleton
February 7, 2018

A middle-aged couple from Lynn
Whose marriage began to look grim
Planned a weekend away
A romantic soiree
A love tryst for just her and him

The reason for this endeavor
Was their fear of now or never
This could be their last chance
So without a back glance
They worked out a plan together

As the assignation drew near
Each harbored a feeling of fear
If they didn't co-op
Would it all be a flop
An end to what had been so dear

Once safely ensconced in their suite
The affection they felt was so sweet
And with little ado
Dormant feelings came through
And rekindled their flame tout de suite

They never considered the cost
Or the lines they'd both have to cross
But without thinking twice
Took a roll of the dice
And found what they feared had been lost



SHINE UPDATES

Medicare will be mailing new Medicare cards to all beneficiaries between April 2018 – April 2019. Your new card will have a new Medicare ID Number instead of a Social Security number.

The new cards are **free** and will be mailed to you by Social Security: make sure your mailing address is up to date so you get your new card. Visit ssa.gov/myaccount or call 1-800-772-1213 to verify your mailing address.

BEWARE: Phone scams have been reported with callers posing as “official Medicare representatives”.

These scammers ask you to verify all the information on your Medicare card and other personal information, in order for you to receive a new Medicare card. **THESE CALLS ARE SCAMS.** Medicare and Social Security never call beneficiaries on the phone. If you receive a scam call, hang up! And alert all your friends!!



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 _____