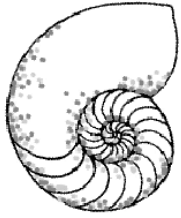


Swampscott Senior Center



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

MAY 2018

TELEPHONE. 781-596-8866

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

Hello seniors, family members and friends,

May is finally here and so is spring. March and early April were certainly gray, dreary and damp. It was so nice to have the sunshine and warmer weather arrive. I think I actually jumped for joy when the temperature went above 60 degrees.

Our garden is once again blooming and thriving with the help of our volunteer gardeners. The BOCCE group is rearing to go and would love to see a few new faces on Friday morning. Just a reminder a beginner Canasta class will start the first Tuesday in June. Sign up and meet a group of new friends who may become competitive with you as you master the skills of a new game. All of you need to pick up a Compass and check out monthly what our menus are; what new activities there might be; and what special events might be planned.

Thanks, to all who joined me for a tour of the Louisa May Alcott home in Concord. We also had a delicious lunch at the Colonial Inn. Lexington and Concord are beautiful towns with many historical sites and wonderful shops to explore. Do you have a destination you would like us to plan a day trip to? Talk with Anne or Marilyn as summer time is often easier to arrange trips for than during the fall and winter.

Once again we will honor our many volunteers with a catered lunch on June 7. Thank you to each and every one of them as they make this senior center run smoothly. They also help create an atmosphere that is open and welcoming to all.

I hope many of you will try to attend our health seminar on aging and cognitive decline. We will offer a light supper for all who sign up. Heidi Whear who has many years of experience working with seniors and who is on our town board will be presenting this month. Be on the lookout. Enjoy each day. Be grateful for your many blessings. Remember to laugh.

-Marilyn

New Service!

We are now offering Medical Rides.

- Must be a Swampscott resident, 55 Years +
- \$2.00 Each Way
- Out of town seniors may utilize this service FROM the Senior Center. \$4.00 each way.
- Van will take clients to appointments in Swampscott and nearby communities including MGH Danvers
- Reservations must be made 1 week in advance by calling the Senior Center at 781-596-8866
- Appointments must be between the hours of 9:30 and 1:30 depending on pickup location.
- Reservations must be made with a receptionist. No Voicemails.



Summer Hours

After Memorial Day we will begin our summer hours which means we will close after lunch.

****Bingo will begin at 9:45 on Fridays****

Bone Density—Tue May 8th 9-10:30

Make an appointment to have a free bone density test with a registered nurse from the VNA.

The Price is Right—Tue May 22nd 10:00am

Life Care Center of the North Shore will host a Price is Right game. Everyone gets a prize and one person will be the lucky showcase showdown winner. Please sign up at the front desk or call 781-596-8866

FOXWOODS - Tuesday June 26th

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. June Birthdays get in to Bingo for FREE!

Chess—Thursdays 12:30

This friendly group is always welcoming new participants. Come *check mate* it out!

New Canasta class Tuesdays 10:00-12:00

Get out and try Canasta with Elaine Newburg. 6 weeks for \$45. Classes will begin on June 5th. Please sign up at the front desk.

Movie Matinees—Fridays at 9:30am

Every Friday, we will show a movie 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.

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 in the living room 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

Tech Ninjas

We are hoping to continue our program with the High School students throughout the summer. We are currently working on a schedule. Call to check availability.

Candy

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

Check out a Chromebook Laptop

While spending time at the Senior Center, laptops are available for use and wifi is available. Please inquire at the front desk. You must have a gmail account to use these but if you do not have one, we can help you create one.

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.

Walking Group—Tuesdays at 10:00

Enjoy the warmer weather with a 1 mile walk around the building. Go at your own pace and even add hand weights. Let's go!!

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

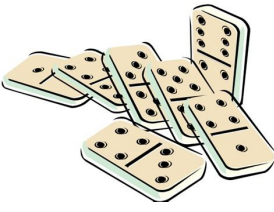

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Cranberry Orange Chicken Or Grilled Chicken Sandwich w/ Potato Leak Soup</p>	<p>2 Hot Dog & Baked Beans Or Tuna Sandwich w/ Cauliflower Cheddar Soup</p>	<p>3 Pot Roast w/ Gravy Or Ham & Cheese Sandwich w/ Barley & Green Soup</p>	<p>4 Fish w/ Tartar Sauce Or Cuban Sandwich w/ Corn Chowder</p>
<p>7 Chicken Cacciatore Or Egg Salad Sandwich w/ Mixed Green Salad</p>	<p>8 Roast Beef w/ Onion Gravy Or Turkey Gobbler Sandwich w/ Caesar Salad</p>	<p>9 BBQ Pork w/ Sweet Potato Wedges Or Chicken Pesto Sandwich w/ Garden Salad</p>	<p>10 <u>Mother's Day Special</u> Broccoli & Cheese Stuffed Chicken, Aug-ratin Potato, Baby Carrots, Multigrain Bread, Strawberry Shortcake</p>	<p>11 Spinach & Cheese Bake Or Gourmet Pork Sandwich w/ Greek Salad</p>
<p>14 Pork Ragout Or Tuna Sandwich w/ Garden Salad</p>	<p>15 Lemon Thyme Chicken Or Turkey Cheddar Sandwich w/ Caesar Salad</p>	<p>16 Sweet & Sour Meatballs Or Chicken Caesar Wrap w/ Mixed Green Salad</p>	<p>17 Beef Stew w/ Mashed Potato Or Egg Salad Sandwich w/ Chef Salad</p>	<p>18 Stuffed Shells Or Roast Beef Sandwich w/ Garden Salad</p>
<p>21 Shepard's Pie Or Turkey Cran-Apple Salad Sandwich w/ Spinach Salad</p>	<p>22 Chicken Marsala Or Ham & Pineapple Salad Sandwich w/ Greek Salad</p>	<p>23 Cold Roast Beef Salad Or Chicken Salad Sandwich w/ Chef Salad</p>	<p>24 Chicken Pot Pie Or Turkey & Swiss Sandwich w/ Caesar Salad</p>	<p>25 Fish w/ Tartar Sauce Or Grilled Chicken & Cheese Sandwich w/ Mixed Green Salad</p>
<p>28 Memorial Day Closed</p>	<p>29 Chicken Meatballs w/ Pasta Or Ham & Cheese Sandwich w/ Garden Salad</p>	<p>30 BBQ Chicken w/ Roast Sweet Potato Or Chicken Salad Sandwich w/ Mixed Green Salad</p>	<p>31 Meatloaf w/ Gravy Or Grilled Chicken Sandwich w/ Chef Salad</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
	8:30 Mah Jongg 9:00 Stretch & Tone 1 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	10:00 Creative Writing 10:30 Yoga, 2 11:30 Lunch 12:30 Poker League 1:00 Knitting Group 1:00 Social Cribbage 6:30 Cribbage Club	8:45 Total Senior Fitness 10:00 Cardio Tone Closed 3 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 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 Shopping Highland Ave 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 7 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 8 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	10:00 Creative Writing 9 10:30 Yoga, 11:30 Lunch 12:30 Poker League 1:00 Knitting Group 1:00 Social Cribbage 6:30 Cribbage Club	8:45 Total Senior Fitness 10:00 Cardio Tone Closed 10 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 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 Shopping Highland Ave 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 14 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 15 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	10:00 Creative Writing 16 10:30 Yoga, 11:30 Lunch 12:30 Poker League 1:00 Knitting Group 1:00 Social Cribbage 6:30 Cribbage Club	8:45 Total Senior Fitness 10:00 Cardio Tone Closed 17 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 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 Shopping Highland Ave 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 21 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 22 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	10:00 Creative Writing 23 10:30 Yoga, 11:30 Lunch 12:30 Poker League 1:00 Knitting Group 1:00 Social Cribbage 6:30 Cribbage Club	8:45 Total Senior Fitness 24 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 25 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 shopping Highland Ave 12:30 Poker League 12:45 Bingo
<div style="text-align: center;"> 28 Memorial Day Closed  </div>	8:30 Mah Jongg 29 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	10:00 Creative Writing 30 10:30 Yoga, 11:30 Lunch 12:30 Poker League 1:00 Knitting Group 1:00 Social Cribbage 6:30 Cribbage Club	8:45 Total Senior Fitness 31 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 1 9:30 Movie: 9:45 Bingo 9:45 Zumba & Tone 11:30 Lunch 12:30 shopping Highland Ave 12:30 Poker League *Closed After Lunch*

Spring Word Search

S N R X N R Y S B G
 O U O E E I U Q A N
 G S N W H N A O S I
 F R O S S T C R E R
 A L A H C E O X B P
 F I I S A R Y M A S
 Y N R N S F E D L M
 E P D H T R A E L O
 G N I K L A W R N B
 K G G A R D E N Q O

AIR	BASEBALL	EARTH
FLOWER	GARDEN	GRASS
MOTHER	OCEAN	RAIN
RED	SOX	SPRING
SUNSHINE	SUNSCREEN	WALKING



Transportation Information
 Shopping, Lunch, Bingo 1.00 each way
Call the morning of for a reservation

Medical Rides 2.00 each way
Reservations must be made 1 week in Advance

Please speak with a receptionist to make a reservation.

Monday: Lunch, Market Basket
Tuesday: Lunch, Bingo, Stop & Shop
Wednesday: Medical Rides
Thursday: Lunch, Market Basket
Friday: Movies, Lunch, Bingo, Highland Ave, Salem

SHINE Update

Social Security numbers will no longer be used on Medicare cards to prevent identity theft. Instead, each Medicare beneficiary will receive their own new unique Medicare number.

Medicare will mail new cards over a one year period between April 2018 and April 2019. Because it will take a year for everyone on Medicare to get their new Medicare cards, it is possible other people you know on Medicare will get their new Medicare card at a different time than you.

You do not need to do anything to receive a new Medicare card except to make sure the Social Security Administration has your correct address. To change or update your address to to www.ssa.gov or call 800-772-1213.

Medicare will accept your old number through December 31, 2019. but once you get your new Medicare card, destroy your old one.

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 _____