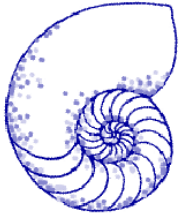


Swampscott Senior Center



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

OCTOBER 2018

TELEPHONE. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

Chairperson: Marilyn Cassidy

Norma Freedman	Mary Cobbett	Heidi Whear
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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 and family members,

Welcome to the month of October. We hope to see more folks coming down to enjoy the Senior Center. Thanks to all who gave generously to our Senior Center with donations to the *Friends of the Swampscott Senior Center*. That organization is responsible for supporting our endeavors that are not covered by the town budget. That translates to entertainment, events such as the holiday party and the Veterans' Day Breakfast and celebrations. In addition, the Friends also provide coffee for our clients. Finally, they support many of our classes and extras that we might need to make this center hum.

Please check our new monthly displays in our lobby showcase. I personally love the birthday of the month acknowledgements. Did you consider trying a new class here? We have new classes in art, canasta, and mahjonn. Join us for exercise, for lunch and for anything listed in our newsletter. All the staff truly believes that this center has made a significant difference in people's lives. Several clients have stated that now they are not so lonely. This center has given them new friends and

new activities. That makes us all feel like we have done what our Mission Statement proclaims.

Just a reminder that we do have *two SHINE* counselors available for assistance with health insurance issues. Also our Outreach worker can assist clients with applications for Fuel Assistance and other services that seniors may need as we age. Thank you to all who volunteer here. You help us make this place friendly and inviting to all who come through our front door. Finally, if you have an idea for a trip, a lecture topic or an activity please bring it to our attention. Thank you all for your continued support of the Senior Center.

See you at the center.

Fondly,
Marilyn

FLU CLINICS

Tuesday, October 9th

10:00am - 12:00pm

and

Wednesday, October 24th

5:00-7:00pm

BINGO—Back to Fridays at 12:30

Bingo will be held on Tuesdays and Fridays at 12:30.

New Canasta Class - Tuesdays 10:00am-12pm

6 week beginner class with Elaine Newburg beginning Tuesday Oct 2nd. If you haven't learned how to play, now is your chance!

Men's Club—Thursday, October 18th \$15

We will travel to Bent Water Brewing Co for this months Men's Club. You will receive a flight of beer along with your lunch. Buses will leave Stop and Shop by the Good Will drop off location at 12:45. Please reserve your spot by Monday, October 15th. Seats on the bus will be reserved on a first come first serve basis.

Flu Clinics—Oct 9th and Oct 24th

We will offer free flu clinics on Tues, October 9th from 10:00am—12:00pm and Wed, October 24th from 5:00-7:00pm

FOXWOODS - Tue October 23rd

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. October Birthdays get in to Bingo for FREE!

Movie Matinees—Fridays at 9:30am

Upcoming movie selections are on the last page. Come laugh, cry or walk down memory lane.

Bocce: Fridays 10:00am May—October

Join us Friday mornings for bocce ball matches right here at the Senior Center! Weather permitting until October.

Tech Ninjas

Make an appointment to have 1 on 1 help with your technical device. iPhone, laptops, kindles etc.

Knitting

A very social group that meets from 12:30-3:00pm in the living room Wednesdays. All skill levels are welcome.

Blood Pressure

Every Tuesday and Thursday from 10:30-11:45am.

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. We will continue to walk as the weather allows. Come join us!

Chess—Thursdays 12:30

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

Candy

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

SHINE Update

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), you should have been mailed an information packet from your plan at the end of September. It is important to understand and save this information because it explains the changes in your plan for 2019. Premiums, deductibles, co-pays and the drugs covered by your plan can change significantly.

During the annual Medicare Open Enrollment, you will have a chance to CHANGE your plan for next year. SHINE counselors can help you understand your plan changes, other options you may have, and even enroll you in a new plan during Open Enrollment from October 15 through December 7th!

We have trained SHINE counselors who offer FREE, confidential counseling on all aspects of Medicare and related health insurance programs. Call us today to schedule an appointment as they fill up very fast during Open Enrollment.

781-596-8866 #0

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Cranberry Chicken Or Gourmet Pork Sandwich w/ Cauliflower & Cheddar Soup</p>	<p>2 Meatloaf w/ Gravy Or Turkey Gobbler Sandwich w/ Corn Chowder</p>	<p>3 Hot Dog & Beans Or Pesto Chicken Sandwich W/ Broccoli Cheddar Soup</p>	<p>4 Lasagna Or Roast Beef & Provolone Sandwich w/ Vegetable Soup</p>	<p>5 Beef & Onions Or Egg Salad Sandwich w/ Split Pea Soup</p>
<p>8 Columbus Day Closed</p>	<p>9 Yankee Pot Roast Or Ham Salad Sandwich w/ SW Kidney Bean Soup</p>	<p>10 Pulled Pork w/ BBQ Sauce Or Chicken Salad Roll w/ Veggie Rice Soup</p>	<p>11 Chicken Pot Pie Or Tuna Sandwich w/ Vegetable Soup</p>	<p>12 American Chop Suey Or Turkey Cram Apple Salad Sandwich w/ Mushroom Soup</p>
<p>15 Sweet & Sour Pork Or Roast Beef Sandwich w/ Veggie Barley Soup</p>	<p>16 Baked Haddock Or Deviled Egg Salad Sandwich w/ Tomato Soup</p>	<p>17 Oven Fried Chicken Or Turkey & Cheddar Sandwich w/ Potato Leek Soup</p>	<p>18 Salisbury Steak w/ Gravy Or Grilled Chicken Sandwich w/ Veggie Noodle Soup</p>	<p>19 Stuffed Pepper w/ Mushroom Soup Or Chicken Salad Sandwich w/ Mushroom Soup</p>
<p>22 Swedish Meatballs Or Turkey & Swiss Sandwich w/ Vegetable Soup</p>	<p>23 Macaroni & Cheese Or Grilled Chicken Sandwich w/ Kale & White Bean Soup</p>	<p>24 Turkey w/ Gravy Or Roast Beef & Provolone Sandwich w/ Minestrone Soup</p>	<p>25 Autumn Fest Cider Braised Chick- en, Parsnips, Car- rots, Wild Rice, Roll, Baked Dessert</p>	<p>26 Chicken Tenders Or Pesto Chicken Sandwich w/ Broccoli Cheddar Soup</p>
<p>29 Beef Stew Or BBQ Chicken Sandwich w/ Potato Leek Soup</p>	<p>30 Stuffed Shells Or Tuna Sandwich w/ Tomato Soup</p>	<p>31 Chicken Picatta Or Turkey Club Sandwich w/ Split Pea Soup</p>		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Mah Jongg 9:30 Zumba 1 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 9:00 Stretch & Tone 2 10:00 Canasta 10:00 Canasta Class 10:00 Rummy Cube 10:30 Blood Pressure 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Tai Chi Basics 2:45 Art Class	9:00 Balance 10:00 Creative Writing 3 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 4 11:00 Osteo Exercise 11:00 Blood Pressure 12:30 Shopping Mkt Basket 12:30 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge	9:30 Movie: 5 9:45 Zumba & Tone 10:00 Bocce 11:30 Lunch 12:00 Chair Yoga 12:30 Poker League 12:30 Shopping Vinnin Sq 12:30 BINGO 12:30 Tap Dancing
8 Columbus Day Closed	8:30 Mah Jongg 9:00 Stretch & Tone 9 10:00 Canasta 10:00 Canasta Class 10:00 Rummy Cube 10:30 Blood Pressure 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Tai Chi Basics 2:45 Art Class	9:00 Balance 10:00 Creative Writing 10 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 11 11:00 Osteo Exercise 11:00 Blood Pressure 12:30 Shopping Mkt Basket 12:30 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge	9:30 Movie: 12 9:45 Zumba & Tone 10:00 Bocce 11:30 Lunch 12:00 Chair Yoga 12:30 Poker League 12:30 Shopping Vinnin Sq 12:30 BINGO 12:30 Tap Dancing
9:00 Mah Jongg 9:30 Zumba 15 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 9:00 Stretch & Tone 16 10:00 Canasta 10:00 Canasta Class 10:00 Rummy Cube 10:30 Blood Pressure 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Tai Chi Basics 2:45 Art Class	9:00 Balance 10:00 Creative Writing 17 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 18 11:00 Osteo Exercise 11:00 Blood Pressure 12:30 Shopping Mkt Basket 12:30 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge	9:30 Movie: 19 9:45 Zumba & Tone 10:00 Bocce 11:30 Lunch 12:00 Chair Yoga 12:30 Poker League 12:30 Shopping Vin Sq 12:30 BINGO 12:30 Tap Dancing
9:00 Mah Jongg 9:30 Zumba 22 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 9:00 Stretch & Tone 23 10:00 Canasta 10:00 Canasta Class 10:00 Rummy Cube 10:30 Blood Pressure 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Tai Chi Basics 2:45 Art Class	9:00 Balance 10:00 Creative Writing 24 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 25 11:00 Osteo Exercise 11:00 Blood Pressure 12:30 Shopping Mkt Basket 12:30 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge	9:30 Movie: 26 9:45 Zumba & Tone 10:00 Bocce 11:30 Lunch 12:00 Chair Yoga 12:30 Poker League 12:30 Shopping Highland Ave 12:30 BINGO 12:30 Tap Dancing
9:00 Mah Jongg 9:30 Zumba 29 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 9:00 Stretch & Tone 30 10:00 Canasta 10:00 Canasta Class 10:00 Rummy Cube 10:30 Blood Pressure 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Tai Chi Basics	9:00 Balance 10:00 Creative Writing 31 10:30 Yoga, 11:30 Lunch 12:30 Poker League 1:00 Knitting Group 1:00 Social Cribbage 6:30 Cribbage Club		

PARKING ALERT!

School is back in session. Please park in only YELLOW SC spots in the lot.

COMING SOON!

Movies - Fridays at 9:30am

October 5th: Won't You Be My Neighbor (2018) PG-13

An exploration of the life, lessons and legacy of iconic children's tv host Fred Rogers.

October 12th: Adrift (2018) PG-13

A true story of survival, as a young couple's chance encounter leads them to first love, and then on the adventure of a lifetime as they face one of the most catastrophic hurricanes in recorded history.

October 19th: The Heat (2013) R

An uptight FBI Agent is paired with a foul mouthed Boston cop to take down a drug lord

October 26th : Practical Magic (1998) PG-13

Two witch sisters, raised by their eccentric aunts in a small town, face closed-minded prejudice and a curse which threatens to prevent them from finding lasting love.

Pajama Party!! Wear your PJ's!



An Apple a Day
Jo Anne Pendleton

No more Pencils
No more Books
No more teacher's dirty looks

No desk ink well
No dip pen groove
No Palmer method to improve

No more script
Unique to you
No flamboyant curlicues

No hen-scratched notes
No mindless scrawl
No rules of grammar to recall

No writer's bump
No number 2s
No erasure residue

Instead—an Apple
Neat and smart
Makes penmanship a dying art

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 _____