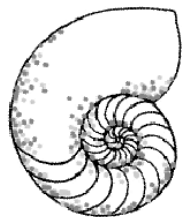


Swampscott Senior Center



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

JUNE 2018

TELEPHONE. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

Director: Marilyn Hurwitz

Chairperson: Marilyn Cassidy

Office Mgr: Dottie Kitoski **Outreach Coordinator:** Gina Bush

Norma Freedman Mary Cobbett Heidi Whear
William Hyde Ruth Iarrobino Robert Powell
Judee Cyr Peter McNerny

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,
Aren't we all delighted to finally have lovely weather? Perhaps it is because March and April were so dreary and gray, I found the spring flowering trees especially lush and beautiful this year. It may mean a bountiful harvest here in New England.

I wanted to take the time to share a scam that found me recently. Senior Citizens are frequently victims of these. This one was particularly tempting. I was driving home on a Friday afternoon on 128 in bumper to bumper traffic when my car phone rang.

The gentleman asked if he was speaking with Marilyn Hurwitz. I answered yes. **Congratulations**, I'm Dean Goldman from Chase Bank Los Angeles. We have been designated to be the distributor for your 2nd place prize. Do you remember a package coming in the mail from *Publisher's Clearing House*? I responded that I would have thrown anything like that in my recycle bin. None the less, you are a designated prize winner. You will be eligible to receive \$756,000. \$700,000 will be sent to your bank via certified check from Chase and \$56,000 will be in cash. Both will be delivered to your bank by Brinks Service.

Can I have your bank's name and address? I informed him that my Bank was *Bank of America in Paradise Plaza Salem, Ma*. Dean Goldman tried to give me a tracking # which I could not take because I was driving. We set up a return call for Saturday am. When I got home I called the number on my cell phone and it rang into Chase Bank Los Angeles.

Dean Goldman called me Saturday at 11:00am. He gave me the following tracking #AS886422US. He then informed me of step two. Call Brinks Services at 1 866 438 0228 and ask for Jason Miller. I did that and Jason answered the call. He explained that the Brinks was a 150 year old service that delivered and collected large amounts of money all over the country. They were even used by the Federal Reserve Banks. The Brinks was prepared to deliver the \$756,000 in my name to the Bank of America in Paradise Square Salem, Massachusetts. However, I

had to insure the prize for delivery. Mr. Miller suggested I could go to the post office and get 3 \$1000 money orders and I could overnight the package to the Brinks. Or I could arrange a transfer of \$3000 from a Chase account to Chase in Los Angeles.

That was the catch. I hung up and reported all the details of this scam to the Salem Police. I have to confess I was thinking what to spend the \$756,000 on. They surely just about hooked me in. The most common scam that I'm aware of is when you get that call that your grandchild has been kidnapped or has been arrested and is in jail while traveling in a foreign country. So be careful don't get duped.

See you at the center,
Marilyn

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 - Fridays

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

BINGO—Moving to Thursdays

After Memorial Day, Bingo will be held on Tuesdays and Thursdays at 12:30. We will not have BINGO on Friday afternoons until the fall.

Memory Loss Presentation - June 12th 6:00pm

Are you concerned that a loved one may be showing signs? What can you do to be prepared? Where can you go for reliable help? **Heidi Whear**, a Certified Alzheimer's Disease and Dementia Care Trainer and Certified Dementia Practitioner will host this discussion. A light supper will be served. Please sign up at the front desk or call 781-596-8866 #0.

New Balance Class—Wednesdays 9:00am

Participants will learn new exercises and helpful tips on preventing falls. The class is led by a licensed physical therapist specially trained in balance techniques for seniors. Classes run for 45 minutes and all exercises can be modified for any activity level. Please sign up at the front desk.

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!](#)

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!

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.

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!!

Chess—Thursdays 12:30

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

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.

Cost, \$2.00 per Meal


COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Rosemary Chicken Or Cuban Sandwich W/ Greek Salad
4 Potato Pollock Or Egg Salad Sandwich w/ Chef Salad	5 Hot Dog & Coleslaw Or Turkey Gobbler Sandwich w/ Caesar Salad	6 Chicken Scampi w/ Pasta Or Chicken Pesto Sandwich w/ Spinach Salad	7 Chef Salad w/ Turkey or Roast Beef & Provolone w/ Garden Salad	8 Meatloaf w/ Gravy Or Gourmet Pork Sandwich w/ Mixed Green Salad
11 Chicken Meatballs w/ Gravy Or Turkey Cran-Apple Sandwich w/ Spinach Salad	12 Stuffed Shells Or Turkey & Cheddar Sandwich w/ Garden Salad	13 Cold Roast Beef Salad Or Chicken Caesar Roll w/ Mixed Green Salad	14 Fathers Day Special Pulled Beef/BBQ Sauce, Macaroni & Cheese, Baked Beans, Fruit Crisp and Dinner Roll	15 Lemon Chicken Or Shaved Roast Beef Sandwich w/ Caesar Salad
18 Breaded Fish Or Turkey Cran-Apple Salad Sandwich w/ Garden Salad	19 Roast Turkey w/ Gravy Or Ham & Pineapple Salad Sandwich	20 Deviled Egg Salad Roll Or Chicken Salad Sandwich w/ Greek Salad	21 Meatball Sub Or Turkey & Swiss Sandwich w/ Caesar Salad	22 Chicken Fajita Or Grilled Chicken Sandwich w/ Mixed Green Salad
25 Hamburger Or Cuban Sandwich w/ Mixed Green Salad	26 Tarragon Chicken Salad Or BBQ Chicken Sandwich w/ Caesar Salad	27 Baked Haddock Or Tarragon Chicken Salad Sandwich w/ Garden Salad	28 Lasagna Or Turkey & Cheddar Sandwich w/ Greek Salad	29 Polynesian Chicken w/ Fried Rice Or Roast Beef & Cheese Sandwich w/ Spinach Salad

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
				9:00 Tap Dancing 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 shopping Highland Ave 12:30 Poker League *Closed After Lunch*
9:00 Mah Jongg 4 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 5 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 6 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 7 10:00 Cardio Tone Closed 11:00 Osteo Exercise 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 BINGO 12:30 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge	9:00 Tap Dancing 8 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 shopping Highland Ave 12:30 Poker League *Closed After Lunch*
9:00 Mah Jongg 11 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 12 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 13 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 14 10:00 Cardio Tone Closed 11:00 Osteo Exercise 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 BINGO 12:30 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge	9:00 Tap Dancing 15 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 shopping Highland Ave 12:30 Poker League *Closed After Lunch*
9:00 Mah Jongg 18 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 19 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 20 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 21 10:00 Cardio Tone Closed 11:00 Osteo Exercise 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 BINGO 12:30 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge	9:00 Tap Dancing 22 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 shopping Highland Ave 12:30 Poker League *Closed After Lunch*
9:00 Mah Jongg 25 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 26 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 27 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 28 10:00 Cardio Tone Closed 11:00 Osteo Exercise 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 BINGO 12:30 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge	9:00 Tap Dancing 29 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 shopping Highland Ave 12:30 Poker League *Closed After Lunch*

Summer Word Search

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

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|---------|----------|------------|
| BEACH | EISMANS | FISHERMANS |
| HOTDOG | KINGS | LOBSTER |
| OCEAN | PIER | SAILBOAT |
| SAND | SEASHELL | SUNBLOCK |
| SUNBURN | SUNRISE | SUNSET |

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 , Bingo
Friday: Movies, Lunch,

SHINE UPDATE
Medicare Coverage of the Shingles Vaccine

Did you know that all Medicare Part D plans cover a shingles vaccine, such as Zostavax or Shingrix which is recommended by the CDC?

The cost for the vaccine will vary for each Part D plan and even by the pharmacy where you get the vaccine. You can contact your Medicare drug plan or Medicare Advantage Plan for more information on which vaccines are covered and the co-pay at your preferred pharmacy.

For assistance with any Medicare issue, make an appointment with one of our SHINE volunteers. They offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

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 _____