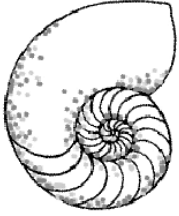


Swampscott Senior Center



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

JULY 2018

TELEPHONE. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

Chairperson: Marilyn Cassidy

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

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

Greetings friends and family!

We hope you are all enjoying the beautiful summer weather and all that it has to offer. I went to Salem Willows recently after many years and it was like a walk down memory lane. If you are fortunate enough to be able to get out on your own, take a drive over on a week day when it is not too crowded. Make sure you bring me some popcorn!

We have had some wonderful things going on at the Senior Center recently. Our volunteer luncheon was wonderful and such a nice way to thank everyone that helps us do what we do on a daily basis. We are so lucky to be surrounded by such a giving community of friends. Don't forget about our GLSS Barbeque coming up on July 12th. Tickets are still available at the front desk. We also had a nice presentation on dealing with dementia in June. While this is a very difficult subject to have to discuss, we are fortunate to have people bring us the information and resources we need to help. We are continuing our Movie Fridays throughout the summer. It is fabulous to hear everyone laugh...or even cry along with each movie. Come on in out of the heat and join us Fridays at 9:30am.

We would like to give a special thanks to all of the many volunteers who have helped get our beautiful garden up and running. Diane Reynolds lead the charge and pulled an amazing team of volunteers together. Deb Bogardus purchased all of the lovely plants. What would we do without Deb?? Ed-die Kitoski, Roberta Stoller, Rick Pierro, Greg Vranos, Elise Scanlon, Steve Rowe and Diane Reynolds have all helped with planting, weeding, watering and maintenance of the garden. It is so nice to pull up and see everything in bloom and so lush. Thank you all very much.

We are all so lucky to work here and find it difficult to call it work! Please let us know if there is anything we can do to make your time here more enjoyable.

Sincerely, Anne

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 #0
- 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.

NEW PHONE PROMPTS

You will now hear a new message when you call the Senior Center.

DIAL 0 for the FRONT DESK

Please do not leave messages about rides. We may not get to the message in time and you will miss your ride.

Summer Hours - Fridays

We will close after lunch until Labor Day.

BINGO—Moving to Thursdays

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

Summer Art Class with Laurie Reis—Tue 2:45-4 \$35

5 week class July 10th—August 7th. Bring some of your favorite photos that will inspire you. Sign up at the front desk.

July 12th GLSS Barbeque 11:30am

Join us for Hot Dogs, Hamburgers, Ice Cream and Entertainment provided by *Memory Lane*. \$5.00 Limited to 2 tickets per person. Purchase tickets at the front desk.

FOXWOODS - Tuesday July 31st

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. July Birthdays get in to Bingo for FREE!

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.

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!

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.

Tech Ninjas: Wednesdays 1-2:00pm

We will be accepting appointments throughout the summer. Please call for an appointment.

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.

FRONT DESK
781-596-8866
PRESS 0

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

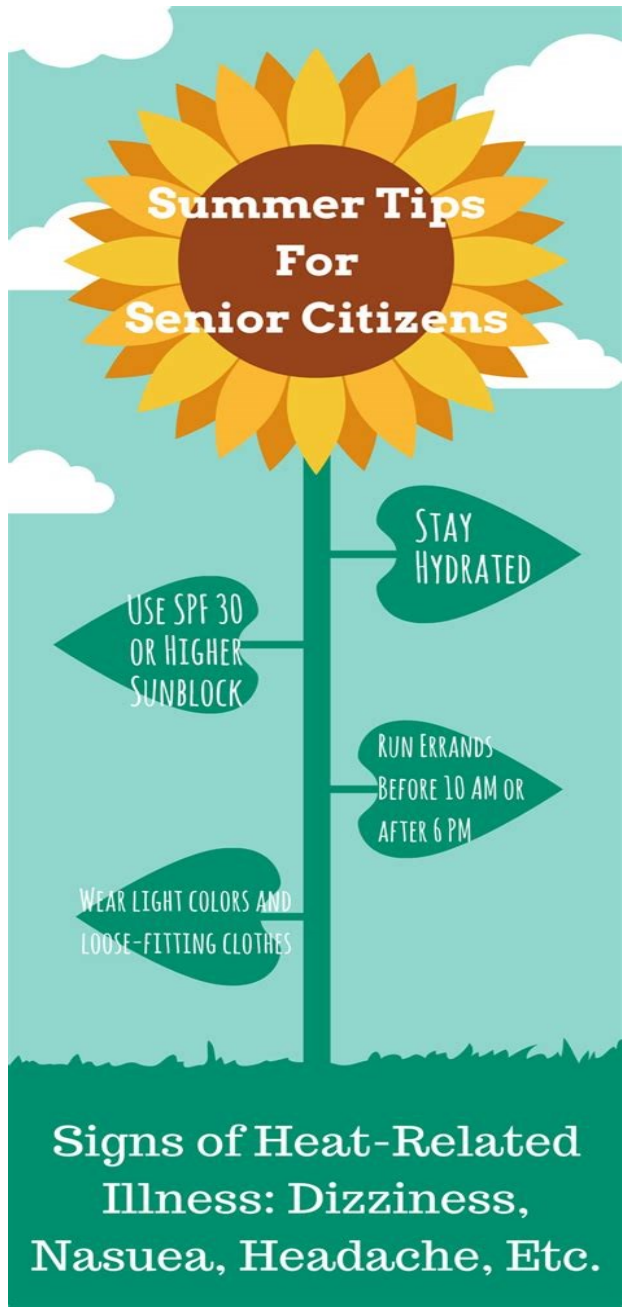
Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Beef Stew w/ Mashed Potato Or Egg Salad Sandwich w/ Greek Salad</p>	<p>3 Teriyaki Meatballs w/ Jasmine Rice Or Turkey Gobbler Sandwich w/ Spinach Salad</p>	<p>4 CLOSED </p>	<p>5 Orange Chicken w/ Mashed Potato Or Roast Beef & Provolone Sandwich w/ Caesar Salad</p>	<p>6 American Chop Suey w/ Salad Or Pork Sandwich w/ Mixed Green Salad</p>
<p>9 Sweet & Sour Pork w/ Jasmine Rice Or Tuna Salad Sandwich w/ Caesar Salad</p>	<p>10 BBQ Chicken w/ Red Bliss Potato Or Turkey & Cheddar Sandwich w/ Chef Salad</p>	<p>11 Pork Hot Dog w/ Baked Beans Or Chicken Caesar Roll w/ Mixed Green Salad</p>	<p>12 No Lunch GLSS BBQ (tickets required)</p>	<p>13 Chicken Picatta w/ Salad Or Roast Beef Sandwich w/ Tossed Salad</p>
<p>16 Macaroni & Cheese Or Turkey Cran Apple Salad Sandwich w/ Caesar Salad</p>	<p>17 BBQ Pork Ribs w/ Mashed Potato Or Ham & Pineapple Salad Sandwich w/ Garden Salad</p>	<p>18 Chicken Scampi w/ Pasta & Green Beans Or Chicken Salad Sandwich w/ Spinach Salad</p>	<p>19 SPECIAL Turkey club Sandwich w/ Country Potato Salad, Coleslaw and Watermelon</p>	<p>20 Meatloaf w/ Gravy & Whipped Potato Or Turkey & Swiss Sandwich w/ Chef Salad</p>
<p>23 Mustard BBQ Pulled Pork w/ Potato Or Turkey & Cheddar Sandwich w/ Caesar Salad</p>	<p>24 Stuffed Shells w/ Sauce and Salad Or Grilled Chicken Sandwich w/ Garden Salad</p>	<p>25 Roast Beef with Salad and Veggie Pasta Or Tarragon Chicken Salad Sandwich w/ Chef Salad</p>	<p>26 Meatballs w/ Gravy Cheddar Potato Or Turkey & Cheddar Sandwich w/ Greek Salad</p>	<p>27 Lemon Chicken w/ Wild Rice Or Roast Beef Sandwich w/ Spinach Salad</p>
<p>30 Meatball Sub Or Southwestern Chicken Salad Sandwich w/ Mixed Green Salad</p>	<p>31 Roast Turkey w/ Gravy & Mashed Potato Or Cuban Sandwich w/ Spinach 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
9:00 Mah Jongg 9:30 Zumba 2 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 3 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	CLOSED 4 	8:45 Total Senior Fitness 5 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 6 9:00 Shopping Vinnin Sq 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 Poker League *Closed After Lunch*
9:00 Mah Jongg 9 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 10 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 11 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 12 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 13 9:00 Shopping Vinnin Sq 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 Poker League *Closed After Lunch*
9:00 Mah Jongg 16 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 17 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 18 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 19 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 20 9:00 Shopping Vinnin Sq 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 Poker League *Closed After Lunch*
9:00 Mah Jongg 23 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 24 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 25 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 26 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 27 9:00 Shopping WARMART 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 Poker League *Closed After Lunch*
9:00 Mah Jongg 30 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 31 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 10:30 Yoga, 11:30 Lunch 12:30 Poker League 1:00 Knitting Group 1:00 Social Cribbage 6:30 Cribbage Club		



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. No messages.

Monday: Lunch, Market Basket
Tuesday: Lunch, Bingo, Stop & Shop
Wednesday: Medical Rides
Thursday: Lunch, Market Basket, Bingo
Friday: Vinnin Square, Movies, Lunch,
***Last Friday of each month we will go to Walmart**

GREETINGS
Amy Lockerbie Smith
June 13, 2018

“Good Morning. How nice to see you today.”
 When was the last time you heard a greeting like that while shopping?
 Not recently I'll bet. Not often, certainly.
 Many times while checking out and paying for items, the gal/guy at the register
 Doesn't say a word, except for the \$\$\$ you owe.
 Nothing else. Certainly no please.
 Today “Thank you” has been nearly forsaken.
 Sometimes I have to bite my tongue,
 And mind my own business in order to keep out of trouble.
 A nice word or two doesn't cost a dime—customers are happy.
 Human Resource Departments should take note.
 A pleasant greeting will do wonders for your business.

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 _____