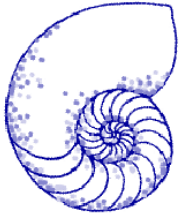


Swampscott Senior Center



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

SEPTEMBER 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

Dear Friends and Family

We hope that you have been able to enjoy the weather, dip your toes in the sand and taken some time to yourselves to relax. As fall is now approaching, we have many exciting things to offer at the Senior Center. We are moving back to our regular Friday schedules so Bingo will be back on Fridays as well. We have some new classes beginning in the next few months which we hope you will take advantage of. While the weather is still great, take advantage of bocce or walking groups.

Our Men's Club will begin again starting on September 20th where we will kick off the season with the Big Blue Football coaches and captains. This is a great way to connect with old friends and make new ones. If you would like to join us, please call to reserve a seat.

We would like to thank the Friends of the Swampscott Senior Center for continuing to help us in making many ideas come to fruition. They recently paid for the Winthrop Ferry so we could make this trip affordable and enjoyable for everyone and they continue to pay for our Movie Fridays which everyone is loving! Thank you very much Friends!

Have a wonderful September everyone! -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.

Parenting our Parents Night at the Senior Center**Thursday September 13th 5-6:30**

Please join us for a light supper and discussion on what you will be facing when your parents need your assistance in staying safe in their lives. A Certified Senior Advisor will lead this discussion. Please RSVP by Thursday September 6th.

BINGO—Back to Fridays at 12:30

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

Plainridge Park Casino—Sep 12

Bus will leave Stop & Shop at 9:00am and we will return by approximately 3:00pm. There is a food court and 2 restaurants to each lunch at. You will receive a \$10.00 voucher for slot play. Bus \$5 Please sign up at the front desk.

Hearing Clinic—Sep 12 9:00-11:00am

Local audiologist, Dr Joan McCormack of Atlantic Hearing Care and the North Shore Hearing Foundation will be hear to screen hearing and clean/check hearing aids. Please make an appointment at the front desk.

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!

Autumn Art Course—Tuesdays 2:45-3:45

9/25-10/23: Join Anne Bowen as we focus on creating in black and white. We will use ink, charcoal, pencil, and other black and white media to develop our skills. Attention to line, form, texture, and shadow will enhance our drawing and painting. The five-week course fee is \$25.

Farmers Market Coupons

Come and pick up your Famer's Market coupons at the center. These coupons are for any Farmer's Markets. Swampscott residents only and proof of residency is required. A limited number of coupons worth \$25 each will be distributed on a first come first serve basis to eligible individuals who meet the following guidelines: 1) at least 60 years of age 2)monthly income at or below

Family Size	Monthly Income
1	\$1, 872
2	\$2,538

For each additional family member add \$666

Men's Club—Thursday, Sep 20th 1:00 \$7

Welcome back men! Join us for our usual Periwinkles lunch and meet the 2018 Big Blue Football captains and coaches. Please RSVP by Sep 17th.

Knitting

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

Candy

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

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!

Movie Matinees—Fridays at 9:30am

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

Bocce: Fridays 10:00am May—October

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

Sound Vibration Meditation—Tuesdays 2:00

Learn to connect through voice and breath with a community. This class is for those who would like to explore singing combined with meditation. No experience needed.

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>LABOR DAY</p> <p>CLOSED</p>	<p>4</p> <p>ELECTION</p> <p>NO LUNCH</p>	<p>5</p> <p>Roast Beef Salad or Chicken Pesto Sandwich w/ Greek Salad</p>	<p>6</p> <p>September Special Chicken Parmesan w/ Fettucine, Zuchini & Summer Squash, Garlic Bread and Baked Dessert</p>	<p>7</p> <p>Rib B Cue w/ Mashed Potato or Egg Salad Roll w/ Mixed Green Salad</p>
<p>10</p> <p>Breaded Fish w/ Mac and Cheese or Turkey Cheddar Sandwich w/ Caesar Salad</p>	<p>11</p> <p>Turkey w/ Mashed Potato & Gravy or Ham & Pineapple Salad w/ Mixed Green Salad</p>	<p>12</p> <p>Deviled Egg Salad or Chicken Salad Roll w/ Chef Salad</p>	<p>13</p> <p>Meatball Sub w/ Salad or Tuna Salad Sandwich w/ Garden Salad</p>	<p>14</p> <p>Chicken Fajita or Roast Beef Sandwich w/ Garden Salad</p>
<p>17</p> <p>Hamburger w/ Potato Wedges or Turkey CranApple Salad Sandwich w/ Greek Salad</p>	<p>18</p> <p>Tarragon Chicken Slad w/ Coleslaw or Egg Salad Sandwich w/ Garden Salad</p>	<p>19</p> <p>Baked Haddock w/ Caesar Salad or Turkey & Swiss Sandwich w/ Greek Salad</p>	<p>20</p> <p>Lasagna w/ Green Beans or Grilled Chicken Sandwich w/ Garden Salad</p>	<p>21</p> <p>Polynesian Chicken w/ Fried Rice or Chicken Salad Sandwich w/ Spinach Salad</p>
<p>24</p> <p>Beef Stew or Turkey & Swiss Sandwich w/Chef Salad</p>	<p>25</p> <p>Teriyaki Chicken Meatballs or Grilled Chicken Sandwich w/ Spinach Salad</p>	<p>26</p> <p>Turkey Sandwich w/ Pasta Salad or Roast Beef & Provolone Sandwich w/ Garden Salad</p>	<p>27</p> <p>Orange Chicken or Cuban Sandwich w/ Greek Salad</p>	<p>28</p> <p>American Chop Suey or Chicken Salad Sandwich w/ Mixed Green 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
LABOR DAY CLOSED 3	8:30 Mah Jongg 4 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 10:30 Blood Pressure 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Tai Chi Basics 2:00 Sound/Vib Mediation	10:00 Creative Writing 5 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 6 10:00 Cardio Tone Closed 11:00 Osteo Exercise 11:00 Blood Pressure 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 7 9:00 Shopping Vinnin Sq 9:30 Movie: 9:45 Zumba & Tone 10:00 Bocce 11:30 Lunch 12:30 Poker League
9:00 Mah Jongg 10 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 11 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 10:30 Blood Pressure 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Tai Chi Basics 2:00 Sound/Vib Mediation	10:00 Creative Writing 12 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 13 10:00 Cardio Tone Closed 11:00 Osteo Exercise 11:00 Blood Pressure 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 14 9:00 Shopping Vinnin Sq 9:30 Movie: 9:45 Zumba & Tone 10:00 Bocce 11:30 Lunch 12:30 Poker League
9:00 Mah Jongg 17 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 18 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 10:30 Blood Pressure 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Tai Chi Basics 2:00 Sound/Vib Meditation	10:00 Creative Writing 19 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 20 10:00 Cardio Tone Closed 11:00 Osteo Exercise 11:00 Blood Pressure 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 21 9:00 Shopping Vinnin Sq 9:30 Movie: 9:45 Zumba & Tone 10:00 Bocce 11:30 Lunch 12:30 Poker League
9:00 Mah Jongg 24 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 25 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 10:30 Blood Pressure 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Tai Chi Basics 2:00 Sound/Vib Meditation	10:00 Creative Writing 26 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 27 10:00 Cardio Tone Closed 11:00 Osteo Exercise 11:00 Blood Pressure 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 28 9:00 Shopping WALMART 9:30 Movie: 9:45 Zumba & Tone 10:00 Bocce 11:30 Lunch 12:30 Poker League
9:00 Mah Jongg 1 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 2 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 10:30 Blood Pressure 12:30 Shopping Stop & Shop 12:45 Bingo 1:00 Tai Chi Basics 2:00 Sound/Vib Meditation	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 4 10:00 Cardio Tone Closed 11:00 Osteo Exercise 11:00 Blood Pressure 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 5 9:00 Shopping WALMART 9:30 Movie: 9:45 Zumba & Tone 10:00 Bocce 11:30 Lunch 12:30 Poker League

PARKING ALERT!

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



**Upcoming Movies
Fridays at 9:30am**

September 7th: Nights in Rodanthe 2008
A Dr who is traveling to see his estranged son, sparks with and unhappily married woman at a North Carolina Inn. Richard Gere, Diane Lane

September 14th: Book Club 2018
Four lifelong friends lives change forever after reading 50 Shades of Grey in their book club. Diane Keaton, Jane Fonda,

September 21st: The Martian 2015
An astronaut becomes stranded on Mars after his team assume him dead, and must rely on his ingenuity to find a way to signal Earth that he is alive. Matt Damon

September 28th: The Blind Side 2009
The story of Michael Oer, a homeless and traumatized boy who became an All American football player with the help of a caring family. Sandra Bullock, Tim McGraw

FRONT DESK

781-596-8866

P R E S S 0

Please DO NOT leave messages for transportation. We may not receive it in time. You must speak with someone.

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,
- Friday:** Vinnin Square, Movies, Lunch, Bingo
- *Last Friday of each month we will go to Walmart**

Need Help with Your Medicare Plan Comparisons during Open Enrollment?

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 be mailed an information packet from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2019.

During the annual Medicare Open Enrollment, you will have a chance to CHANGE your plan for next year. Our 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!**

Call for an appointment with our Shine Counselors! 781-596-8866 #0

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 _____