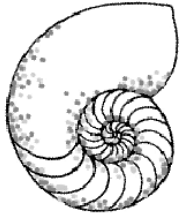


## Swampscott Senior Center



# 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

AUGUST 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 McNerney

**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, friends and family members,

What a beautiful July we had here at the senior center! The GLSS Barbeque was so much fun especially the songs from one of our favorite groups, *Memory Lane*. We have had an influx of snow birds returning to groups such as bridge, knitting and exercise classes. Bocce started as well as golf. Moving our second Bingo game to Thursday afternoon has increased the attendance over the summer. Morning at 9:30 did not seem to be the right time for many.

Our staff has had wonderful vacations with family and friends here, in Florida, in Italy, in Maine and in Africa. The goal has always been to try to accommodate all requests because everyone needs a time in the year for rest and relaxation and different experiences. We want to thank all who have been involved with keeping our garden beautiful. The dedicated folks who water and weed have been very busy.

As we approach the end of summer, I urge everyone to look at our present schedule of activities and urge your friends to find something here that would improve the quality of their life. Socialization rather than isolation makes for healthier and happier senior citizens.

In the fall, there will be an endeavor to start a new set of informational gatherings around aging with dignity, good health and respect from the larger community. We will continue with our monthly outings and are looking for ideas for in house gatherings as well as day trips. For instance, I hope to see a wine and cheese night in November that has been very well received. Also our new Wednesday balance class is going well and still accepting partici-

pants. Why not give it a try.

So enjoy this beautiful month and I look forward to seeing you and new faces 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 #0

#### 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.

**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 here to screen hearing and clean/check hearing aids. Please make an appointment at the front desk.

**Cribbage Club—Wednesdays 7:30-9:00pm**

New members welcome! Small fee to play and prizes to win. Light refreshments are served as well.

**Poker Club Seeking New Players Wed 12:45-3:45**

Minimal fee to play and daily prizes. Come check it out!

**FOXWOODS - August 28th**

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. August Birthdays get in to Bingo for FREE!

**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. Be enticed to arise within your light body to full awareness and awaken your senses, unlock energy pathways and improve your breathing. Revitalize your chakras “energy wheels” to raise consciousness through sound, gentle body movement, breathing and chanting. No experience needed. Be prepared to journey deep into expression of love, kindness and passion with divine cultural music in what the Hindus call Kirtan. This form of music is a “call and response” activity led by the Kirtan director Kampa Vashi Deva.

**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 in August**

Need help with a new device? Call for an appointment with a Tech Ninja before they go back to school!

**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. 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.

**Movie Matinees—Fridays at 9:30am**

Upcoming movie selections are on page 6. Come laugh, cry or walk down memory lane. Lights! Camera! Action!

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.

Cost, \$2.00 per Meal

**COMMUNITY CAFÉ MENU**


Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b> Egg Salad Sandwich w/ Potato Salad Or BBQ Chicken Sandwich w/ Garden Salad</p>	<p><b>2</b> Chicken Fajita w/ Black Beans Or Roast Beef Sandwich w/ Greek Salad</p>	<p><b>3</b> Turkey Sandwich w/ Broccoli Slaw Or Tuna Salad Roll w/ Caesar Salad</p>
<p><b>6</b> Hamburger w/ Roasted Potato Or Egg Salad Sandwich w/ Greek Salad</p>	<p><b>7</b> Chicken Salad Roll w/ Coleslaw Or Turkey Gobbler Sandwich</p>	<p><b>8</b> Baked Haddock w/ Salad Or Chicken Pesto Sandwich w/ Garden Salad</p>	<p><b>9</b> Lasagna w/ Roasted Zucchini Or Roast Beef Sandwich w/ Chef Salad</p>	<p><b>10</b> Polynesian Chicken w/ Fried Rice Or Pork Sandwich w/ Caesar Salad</p>
<p><b>13</b> Beef Stew w/ Mashed Potatoes Or Ham &amp; Pineapple Salad Sandwich w/ Spinach Salad</p>	<p><b>14</b> Teriyaki Chicken Meatballs w/ rice Or Turkey Sandwich w/ Garden Salad</p>	<p><b>15</b> American Chop Suey w/ Salad Or Chicken Caesar Roll w/ Mixed Green Salad</p>	<p><b>16</b> Roast Beef Sandwich w/ Coleslaw Or Egg Salad Sandwich w/ Chef Salad</p>	<p><b>17</b> Orange Chicken w/ Mashed Potatoes Or Roast Beef Sandwich w/ Caesar Salad</p>
<p><b>20</b> Sweet &amp; Sour Pork w/ Rice Or Turkey Salad Sandwich w/ Greek Salad</p>	<p><b>21</b> BBQ Chicken w/ Potato Salad Or Tuna Salad Sandwich w/ Mixed Green Salad</p>	<p><b>22</b> Hot Dog w/ Baked Beans Or Chicken Salad Sandwich w/ Spinach Salad</p>	<p><b>23</b> Shredded Beef Taco w/ Black Beans Or Grilled Chicken</p>	<p><b>24</b> Chicken Piccata w/ Pasta Salad Or Ham &amp; Cheese Sandwich w/ Garden Salad</p>
<p><b>27</b> Pulled Beef w/ Sweet Potato Or Turkey &amp; Swiss Sandwich w/ Greek Salad</p>	<p><b>28</b> BBQ Pork Ribs w/ Potato Salad Or Grilled Chicken Sandwich w/ Caesar Salad</p>	<p><b>29</b> Chef Salad w/ Turkey &amp; Orzo Salad Or Roast Beef Sandwich w/ Chef Salad</p>	<p><b>30</b> Chicken Scampi w/ Pasta &amp; Salad Or Cuban Sandwich w/ Spinach Salad</p>	<p><b>31</b> Meatloaf w/ Gravy &amp; Mashed Potatoes Or Chicken Salad Sandwich w/ Caesar 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
		10:00 Creative Writing 1 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 2 10:00 Cardio Tone <b>Closed</b> 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 3 9:00 Shopping Vinnin Sq 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 Poker League  <b>*Closed After Lunch*</b>
9:00 Mah Jongg 6 9:30 Zumba 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge <b>CLOSED</b> 12:30 Gin Rummy 12:30 Shopping Mkt Basket 12:30 Poker League	8:30 Mah Jongg 7 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 Tai Chi Basics 2:00 Sound/Vib Mediation	10:00 Creative Writing 8 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 9 10:00 Cardio Tone <b>Closed</b> 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 10 9:00 Shopping Vinnin Sq 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 Poker League  <b>*Closed After Lunch*</b>
9:00 Mah Jongg 13 9:30 Zumba 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge <b>CLOSED</b> 12:30 Gin Rummy 12:30 Shopping Mkt Basket 12:30 Poker League	8:30 Mah Jongg 14 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 Tai Chi Basics 2:00 Sound/Vib Mediation	10:00 Creative Writing 15 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 16 10:00 Cardio Tone <b>Closed</b> 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 17 9:00 Shopping Vinnin Sq 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 Poker League  <b>*Closed After Lunch*</b>
9:00 Mah Jongg 20 9:30 Zumba 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge <b>CLOSED</b> 12:30 Gin Rummy 12:30 Shopping Mkt Basket 12:30 Poker League	8:30 Mah Jongg 21 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 Tai Chi Basics 2:00 Sound/Vib Mediation	10:00 Creative Writing 22 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 23 10:00 Cardio Tone <b>Closed</b> 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 24 9:00 Shopping WALMART 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 Poker League  <b>*Closed After Lunch*</b>
9:00 Mah Jongg 27 9:30 Zumba 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge <b>CLOSED</b> 12:30 Gin Rummy 12:30 Shopping Mkt Basket 12:30 Poker League	8:30 Mah Jongg 28 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 Tai Chi Basics 2:00 Sound/Vib Mediation	10:00 Creative Writing 29 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 30 10:00 Cardio Tone <b>Closed</b> 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 31 9:00 Shopping WALMART 9:30 Movie: 9:45 Zumba & Tone 11:30 Lunch 12:30 Poker League  <b>*Closed After Lunch*</b>

**Standing in the Gap**

Diane Best

I wonder as I wander  
Am I my brothers and sisters' keeper?  
Am I responsible for their wellbeing?

I wonder as I wander  
Who is my neighbor and  
Why should I love them?  
Why should I care about their comfort?

I wonder as I wander  
Is it necessary for me to be love?  
Is it necessary for me to seek the good of others?  
If I give myself away will there be enough left for me?

I wonder as I wander  
How can I ask these questions knowing what I know?  
How can I step back from the needs of others  
When I possess an abundant renewable resource?

I wonder as I wander  
If God is for me, who can be against me?  
If I believe all things are possible for the  
One who believes in God  
Whom and what should I fear?

I wonder as I wander  
When my brothers and sisters neighbors  
Need my love and care  
Need the overflow of my heart  
Why should I hesitate to put my life at  
Risk if it means they too  
Can live and thrive and pursue happiness.

**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 \_\_\_\_\_

**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

**Upcoming Friday Movies**

**July 27th—Chappaquiddick:** The scandal and mysterious events surrounding the tragic drowning of a young woman, as Ted Kennedy drove his car off the infamous bridge.

**August 3rd—Marshall:** The story of Thurgood Marshall, the crusading lawyer who became the first African-American Supreme Court Justice, as he battles through one of his career-defining cases.

**August 10th—The Light Between Oceans:** A lighthouse keeper and his wife raise a baby they rescue from a drifting rowboat.

**August 17th—The Big Chill:** A group of seven former college friends gather for a weekend for a funeral of one of their friends.

**August 24th—The Martian:** 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.

**August 31st—A Dog's Purpose:** A dog looks to discover his purpose in life over the course of several lifetimes and owners.