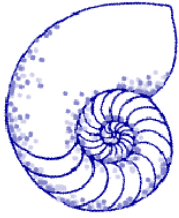


Swampscott Senior Center



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

DECEMBER 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
GLSS Site Mgr: Helen Richard

Dear friends and family members, Where has this year gone? It is hard to believe that we are in the month of December. As usual we are having a holiday party. The center chose to have an early event because we wanted Charlie Dawson to be our entertainment. If you have not been to our gathering, it is something special for all who attend. Charlie is a very talented person. He is a musician and a comedian to boot. Chef Paul will also give us a wonderful meal with all the fixings. Did I mention that this year the cost per person will be \$5.00? In addition to the above-mentioned items, we will have a visit from our Girl Scouts who will sing a few songs for us and they will also distribute bags of candy for all who attend. Enjoy; it is a privilege to host this event.

Each year the senior center sponsors a Giving Tree. This year we will be selling mittens for \$1.00 to be hung on the tree in memory of or in honor of someone special in our client's life. We hope to raise about \$400-\$500. The collection will be donated to THON this year. This organization is dedicated to fighting pediatric or child cancer. Thank you in advance for your support of this worthy cause.

Once we have celebrated Hanukkah, Winter Solstice, and Christmas it will be time to think about our New Year's goals. I will not say resolu-

tions. One goal that I would encourage everyone to think about is embracing the daily goal of doing acts of kindness frequently. Our country has become so divided. Yet everyday I see our senior citizens come here and embrace new friendships and tolerate differences. Maybe it is because we are senior citizens. Maybe it is because we believe in our constitutional rights and have respect for self and others. So my friends enjoy your holidays and Happy New Year.

-Marilyn

Be sure to stop by our living room to see our GOREGOUS new Holiday Giving Tree donated by the Swampscott High School Class of 1952. THANK YOU IT'S ABSOLUTELY BEAUTIFUL AND WE LOVE IT.

If anything has changed in your life, an address, phone number, emergency contact, etc. Please stop by the front desk to update your membership card. Also, if you do not provide your date of birth we will not be able to include you on our popular monthly birthday board.

Swampscott Idea Exchange—Sat. Dec. 1st @10a

Town Boards, Committees and Officials will be in attendance as listeners, with residents leading the agenda and driving the conversation about their ideas, initiatives, and desires for Swampscott. No Idea is too BIG or too SMALL. Let's Hear Yours. Swampscott High School 200 Essex St. Local Food Trucks will be on hand with complimentary food.

Elderact Lock Box Demonstration: Dec. 4th @11a

Elderact Marblehead will demonstrate the lock box project to Swampscott residents. If you'd like to hear more about how lock boxes work, and how to get one installed at your home please come to this short presentation.

Holiday Party: Sat. Dec. 8th 12:00 PM

Join us on Saturday, Dec. 8th for our annual Holiday Party. This year Charlie Dawson will be performing some holiday classics and Chef Paul will be creating a delicious holiday meal. Doors will open at 11:30a \$5.00 *limit 2 tickets per person

Shine Coordinator

Every Tuesday and Wednesday. Please call for an appointment.

Instructional Backgammon Thursdays 12:30-1:30

Interested in learning how to play this fun game? Join us for a FREE instructional class.

Knitting

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

Chair Yoga—Fridays at 12p

Back by popular demand. If you wanted to try yoga but have difficulty getting on the floor and back up again, then this class is for you!

Looking for Mah Jong Cards?

\$8 for regular, \$9 for large print. Please bring cash only in an envelope with your name, address, and phone number on it to the front desk. Norma Freedman is ordering the cards.

Movie Matinees—Fridays at 9:30am

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

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.

Hardship Waiver Application

Article V, Section 4 of the Town's General Bylaws provides penalties if sidewalks are not shoveled. If you feel that you are unable to shovel your sidewalk due to disability, age, or special circumstances and wish to be considered for a hardship waiver, you can pick up an application at the front desk of the center or at the Town Hall. Applications should be submitted to the Town Hall with a \$25.00 processing fee.

Snow Days

In case of inclement weather, the senior center will be closed only when the Swampscott Public Schools are closed.

Tech Ninjas

Having difficulty with your smart phone or any other device? Make an appointment with a student from Swampscott High School (Tech Ninjas) and they will give your 1 on 1 support. Please call us for an appointment.

Senior Center on Facebook

Don't forget to "Like" us on Facebook to see updates and pictures from our events. Need help creating a Facebook account? Make an appointment with a Tech Ninja!

The Hadley School is looking for volunteers


Would you like to read and/or practice math facts with students. They are hoping not only to provide their students with some extra practice but boost their sense of community involvement. If you are interested please see Gina Bush, Outreach Coordinator.

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Swedish Meatballs w/ Mashed Potato Or Tuna Sandwich w/ Split Pea Soup</p>	<p>4 Mac & Cheese Or BBQ Chicken Sandwich w/ Kale & White Bean Soup</p>	<p>5 Turkey w/ Gravy & Mashed Potato Or Chicken Caesar Roll w/ Butternut Squash Soup</p>	<p>6 Hot Dog w/ Baked Beans Or Turkey Club Sandwich w/ Broccoli Cheddar Soup</p>	<p>7 Chicken Tenders w/ Honey Mustard Or Cuban Sandwich w/ Mushroom Soup</p>
<p>10 Beef Stew w/ Mashed Potato Or Gourmet Pork Sandwich w/ Veg Rice Soup</p>	<p>11 Stuffed Shells Or Turkey Gobbler Sandwich w/ Corn Chowder</p>	<p>12 Chicken Picatta w/ Rice Or Egg Salad Sandwich w/ Tomato Soup</p>	<p>13 Winter Special Chicken w/ Brown Sugar Glaze, Au Gratin Potatoes, Garlic Green Beans, Baked Dessert</p>	<p>14 Shepard's Pie w/ Mashed Potato Or Pesto Chicken Sandwich w/ Cauli- flower Cheddar Soup</p>
<p>17 Eggplant Parm Or Chicken Caesar Salad Sandwich w/ Tomato Kale & White Bean Soup</p>	<p>18 Beef & Broccoli w/ Rice Or Ham & Pineapple Salad Sandwich w/ Veg Noodle Soup</p>	<p>19 Smothered Pork w/ Gravy Or Chicken Salad Roll w/ Potato Leek Soup</p>	<p>20 Turkey Divan w/ Rotini Or Tuna Salad Roll w/ Minestrone Soup</p>	<p>21 Greek Chicken w/ Lemon Rice Or Turkey Cran Apple Salad Sandwich w/ Southern Kidney Bean Soup</p>
<p>24 Cranberry Chicken w/ Sweet Potato Or Roast Beef Sandwich w/ Mushroom Soup</p>	<p>25 Christmas Closed</p>	<p>26 Meatloaf w/ Mush- room Gravy Or Turkey Cheddar Sandwich w/ Cheddar Cauliflower Soup</p>	<p>27 Lasagna Or Grilled Chicken Sandwich w/ Tomato Veg Soup</p>	<p>28 Potato Pollack Or Egg Salad Sandwich w/ Tomato Soup</p>
<p>31 Sweet & Sour Meatballs Or Turkey & Swiss Sandwich W Butternut Squash Soup</p>				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Mah Jongg 9:30 Zumba 3 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 4 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 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 10:00 Cardio Tone Closed 6 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: 9:45 Zumba & Tone 7 10:30 shopping vin square 11:30 Lunch 12:00 Chair Yoga 12:30 Poker League 12:30 Gin Rummy 12:30 BINGO 12:30 Tap Dancing
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 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 12 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	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 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge	9:30 Movie: 14 9:45 Zumba & Tone 10:30 shopping vin square 11:30 Lunch 12:00 Chair Yoga 12:30 Poker League 12:30 Gin Rummy 12:30 BINGO 12:30 Tap Dancing
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	9:00 Balance 19 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	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 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge	9:30 Movie: 21 9:45 Zumba & Tone 10:30 shopping vin square 11:30 Lunch 12:00 Chair Yoga 12:30 Poker League 12:30 Gin Rummy 12:30 BINGO 12:30 Tap Dancing
9:00 Mah Jongg 24 9:30 Zumba 11:00 Osteo Exercise 11:30 Lunch *Closed after lunch*	25 Christmas Closed	9:00 Balance 26 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	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 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge	9:30 Movie: 28 9:45 Zumba & Tone 10:30 shopping vin square 11:30 Lunch 12:00 Chair Yoga 12:30 Poker League 12:30 Gin Rummy 12:30 BINGO 12:30 Tap Dancing
9:00 Mah Jongg 31 9:30 Zumba 11:00 Osteo Exercise 11:30 Lunch *Closed after lunch*	CLOSED 1 			9 

PARKING ALERT!

Please park in only YELLOW SC spots in the lot.

COMING SOON!

Movies - Fridays at 9:30am

Friday, December 7th: Three Identical Strangers

Three strangers are reunited by astonishing coincidence after being born identical triplets, separated at birth, and adopted by three different families. Their jaw-dropping, feel-good story instantly becomes a global sensation complete with fame and celebrity, however, the fairy-tale reunion sets in motion a series of events that unearth an unimaginable secret -- a secret with radical repercussions for us all.

Friday, December 14th: Crazy Rich Asians

This contemporary romantic comedy, based on a global bestseller, follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family.

Friday, December 21st: The Holiday

Two women troubled with guy-problems swap homes in each other's countries, where they each meet a local guy and fall in love.

Friday, December 28th: Miracle on 34th Street

When a nice old man who claims to be Santa Claus is institutionalized as insane, a young lawyer decides to defend him by arguing in court that he is the real thing.

Swampscott Recreation Holiday Events

Annual Gingerbread House Contest

Houses may be dropped off at town hall between 8:00am-4:30pm Dec 4th. Houses may be picked up on Dec 21st by 4:30pm

Breakfast with Santa

Saturday, December 1st 9:00am

Right here at the Senior Center!

Tickets \$8 adults, \$5 seniors & children

All proceeds benefit Toys for Local Children

Police Association Holiday Parade

Saturday, December 15th

Parade begins at 5:30 from SHS

Holiday Festival

Saturday, December 15th 5:00-8:00pm

Flashlight Candy Cane Hunt on Linscott Park
Music, Electronic Train Rides, Tree Lighting
Ceremony 6:00pm, Bounce Houses, Gingerbread
House Display, Holiday Crafts and More!

First Night Swampscott

December 31st 2:00-6:00pm

Swampscott High School

New Years Eve Crafts, Face Painting, Photo
Booth, Inflatable Slide

Purchase Tickets at www.swampscottrec.com
\$10.00 per family

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 _____