



SWAMPSCOTT SENIOR CENTER

JULY 2019

COMPASS

Get Centered at the Senior Center

MISSION STATEMENT

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.

BUS SCHEDULE: *Call between 8:45-9:30 for reservations*

Monday and Thursday: Lunch 11:30, Market Basket 1:00-2:00 (3 bag max)

* *Bus leaves at 10:15 for lunch pickup, 12:30 for shopping pickup.*

Tuesday: Lunch 11:30, Stop & Shop 1:00-2:00 (3 bag max), Medical Rides

* *Bus leaves at 10:15 for lunch pickup, 12:30 for shopping pickup.*

Wednesday: Medical Rides Only

* *Medical rides are by appointment*

Friday: Lunch, Vinnin Square (Walmart last Fri of the month)

* *Bus leaves at 9:30 for shopping pickup, 10:15 for lunch pickup*

Dear friends and family,

Hopefully everyone is enjoying the summer months here on the North Shore. Recently I have started meeting friends to walk along Lynn Shore Drive and Humphrey Street. What a beautiful area to walk in. I particularly enjoy it when it is high tide and the surf is rough. Those waves crashing over the walls are something to see. I also enjoy hearing the many languages that also enjoy that beautiful open space.

Thank you to those who are helping with the garden. It is lush and beautiful. We had a lovely volunteer luncheon and celebrated the forty volunteers who help us make this a welcoming and warm Senior Center. Many of these volunteers help with our food service program. Others lead groups such as mahjongg, poker, bingo, cribbage, gin rummy and canasta. Each year I honestly state that we would not achieve what we do with out these people who contribute to the flow of the activities at the center.

Everyone has done a very good job of using our new *Senior Center* check in system. The staff will learn how to utilize the data it is collecting so that we can assess where we could improve. In addition, this will help us complete all our year end reports.

We will be having our annual barbeque on July 16. I will be asking people to sign up and pay in advance. The cost will be \$3. There is also a trip to the North Shore Music Theater and a trip to the Encore Casino in Everett. Please check out the activities board in the lobby. Enjoy your vacation and the summer

Keep coming down to the center it is very good for your mental, social and physical health.

-Marilyn

BOARD MEMBERS

Marilyn Cassidy
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Norma Freedman
Mary Cobbett
Heidi Whear
William Hyde
Ruth Iarrobino
Robert Powell
Judee Cyr
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Assistant Director
Outreach
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Anne Quagrello
Admin/Activities
& Editor
Diane Reynolds &
Kerry O'Shaughnessy
Receptionist/
Activities
Emery Richard &
Ken Avery
Drivers

HOURS OF OPERATION

MONDAY - FRIDAY
9:00 AM - 3:00 PM

SENIOR WELLNESS

**Check Your Blood Pressure**

Come in to the Senior Center to have your blood pressure checked. **Tuesdays and Thursdays at 10:30**
Appointments are on a first-come-first-serve basis.

FOOT DR

The Foot Dr will be coming in **July** . Limited spaces available. Call for an appointment.

SCAM ALERT! Hang Up!

Gift Cards: Scammers are calling looking for gift card payments. A legitimate business would never do this. Hang up!

Social Security: Scammers are calling asking you to update your Social Security information. Never give your social security number over the phone. Hang Up!

Stay Hydrated!**5 Tips to “Drink Up” this Summer**

- 1. Fruits and Veggies:** Summer might bring the heat, but it also brings some of the most delicious in-season and water-packed foods of the year. Feel free to indulge in favorite summer-ripe cucumbers, oranges, plums and lettuces. The extra water content in these foods
- 2. Mix it Up:** Good hydration doesn't have to rely on water alone. Iced tea, home-made lemonade or even adding fruit to water can make it easier to get more fluids. Try to avoid too much caffeine.
- 3. Keep it With You:** Sometimes the easiest way to get enough fluids is to make sure they are within easy reach. Keep a bottle of water next to your bed or favorite chair.
- 4. Summer Soups:** Yes, soup can be delicious in the summer! Try soups that are best served cold.
- 5. Schedule It:** Set a timer on your phone like an appointment every couple of hours to remind yourself to drink up!



TAI CHI Tuesdays 1:00

Tai Chi is a low impact Taoist martial arts practice initially performed with slow and graceful steps with distinct internal postures. The Journal of American Heart Association reports that Tai-Chi reduces blood pressure and poor cholesterol levels. Medical researchers identify Tai-Chi as an evidence-based exercise which increases balance, reduces anxiety and COPD. The Arthritis Foundation supports the practice of Tai-Chi for pain control. Today, diverse cultures around the world enjoy the merits from practicing this fascinating art form.

Come join our ongoing Swampscott Tai Chi community. We are looking for new enthusiastic members who could use a little more spunk in their daily routine. If you've got the time, we've got the know-how! We have a highly experienced instructor and coach who has been with us since 2004. Meet this instructor and the community on Tuesdays at 1:00. Drop-ins welcome!

ZUMBA

Mondays 9:30, Fridays 10:00

Come dance your cares away with this upbeat class that will get your heart pumping while you dance to some of your favorite songs. Friday classes have an additional 15 minutes of light weights. (**Mondays are currently at maximum capacity)

BOCCE

Fridays 10:00am

Come out and enjoy the nice weather on our beautiful bocce court. This group meets on Fridays throughout the summer and is very welcoming to new players.

Balance Class

Wednesdays 9:45

Kaila Wilson of Bay State Physical Therapy in Salem leads this balance and exercise class. The class runs for 45 minutes focusing on seated and standing strengthening exercises as well as standing balance activities. The goal of this class is to encourage participants to gain more independence and maintain function. Exercises require participants to be independent in their mobility. Each class is accompanied by great music and a corny joke! \$3 per class

CHAIR YOGA

Fridays 12:00

Chair yoga is for everyone! No matter what age you are or what condition you are in, you can experience the health benefits of yoga. Did you know you can perform most yoga postures, breathing techniques, meditation and relaxation techniques from a chair? Come check it out! Namaste

TOTAL SENIOR FITNESS

Thursdays 8:45

A combination of aerobics, muscle conditioning, and weight training. Improves bone density, flexibility, coordination, balance and stability.

For a full list of offerings and time, please see page 5.



NEWS AND EVENTS

TECH NINJAS

Tech Ninjas are high school students who volunteer to provide one on one support to seniors in need of help with technical devices such as phone and Ipads. Please call for an appointment.

NEW CANASTA CLASS: THURSDAYS IN AUGUST 10:00AM

Join Elaine Newberg to learn this classic game. It's a wonderful activity and she is a great teacher! Class will begin on August 22nd and run 6 weeks. \$45

BEATLES MANIA—Tuesday July 23rd 10:00am FREE

The Beatles changed everything and it started on the Ed Sullivan Show in 1964. Join us as we explore the cultural impact of The Beatles through video clips, live music and fabulous sing-alongs. Please call to reserve a seat.

ENCORE CASINO TRIP— WED JULY 24TH 0 \$10

Bus will leave the senior center at 10:00am and plan to return by 4:00pm ***Space is Limited***

GLSS BBQ— THU JULY 18, 11:30AM \$3

Hot Dogs, Hamburgers, Cole Slaw, Potato Salad and Ice Cream. Please call to reserve a spot.

MAH JONGG CLASSES—MONDAYS 9-11:00AM

A few spots left! Join Norma Freedman to learn the game of Mah Jongg. She will teach you for as long as it takes to learn. \$25 for the class and \$8 for the Mah Jongg cards.

SHS LIBRARY VOLUNTEERS

SHS is looking for community volunteers who would be asked to help check books in and out and help restock shelves. Please call us if you are interested. 781-596-8866

NEW WALKING GROUP! TUESDAYS 10:00AM

Grab a friend and join this new group to walk 1-2 miles around the Senior Center and High School on a safe, flat surface. Please call to sign up.



THE WIFE (2017)

Friday, July 12th | 9:30 AM

Behind any great man, there's always a greater woman—and you're about to meet her. Joan Castleman: a highly intelligent and still-striking beauty—the perfect devoted wife. Forty years spent sacrificing her own talent, dreams and ambitions to fan the flames of her charismatic husband and his skyrocketing literary career.

Wine Country (2019)

Friday, July 19th | 9:30 AM

When a group of longtime girlfriends goes to Napa for the weekend to celebrate their friend's 50th birthday, tensions from the past boil over.

THE UPSIDE (2017)

Friday, July 26th | 9:30 AM

Phillip is a disabled white billionaire, who feels that life is not worth living. To help him in his day to day routine, he hires Del, an African American parolee, trying to reconnect with his estranged wife. What begins as a professional relationship develops into a friendship as Del shows his grouchy charge that life is worth living.

\$1 Suggested Donation for Movies

JULY CALENDAR OF EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| 1 9:00 MAH JONGG 9:30 Zumba (closed) 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge (Closed) 12:30 Gin Rummy 12:30 Shopping M. Basket 12:30 Poker League | 2 8:30 MAH JONGG 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 | 3 9:45 Balance 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 | 4  CLOSED | 5 CLOSED |
| 8 9:00 MAH JONGG 9:30 Zumba (closed) 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge (Closed) 12:30 Gin Rummy 12:30 Shopping M. Basket 12:30 Poker League | 9 8:30 MAH JONGG 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 | 10 9:45 Balance 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 | 11 8:45 Total Senior Fitness 10:00 Cardio Tone 10:30 Blood Pressure 11:00 Osteo Exercise 11:30 Lunch 12:30 Shopping M Basket 12:30 ACBL Open Game 12:30 Chess / BINGO 6:30 Duplicate Bridge | 12 9:30 Movie 10:00 Zumba & Tone 10:00 Shopping Vinnin Sq 11:30 Lunch 12:00 Chair Yoga 12:30 Poker League 12:30 Gin Rummy 12:30 Tap Dancing (SHS) |
| 15 9:00 Mah Jongg 9:30 Zumba (closed) 11:00 Osteo Exercise 11:30 NOLUNCH 12:30 Int Bridge (Closed) 12:30 Gin Rummy 12:30 Shopping M. Basket 12:30 Poker League | 16 8:30 Mah Jongg 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 | 17 9:45 Balance 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 | 18 8:45 Total Senior Fitness 10:00 Cardio Tone 10:30 Blood Pressure 11:00 Osteo Exercise 11:30 Lunch 12:30 Shopping M Basket 12:30 ACBL Open Game 12:30 Chess / BINGO 6:30 Duplicate Bridge | 19 9:30 Movie 10:00 Zumba & Tone 10:00 Shopping Vinnin Sq 11:30 Lunch 12:00 Chair Yoga 12:30 Poker League 12:30 Gin Rummy 12:30 Tap Dancing (SHS) |
| 22 9:00 Mah Jongg 9:30 Zumba (closed) 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge (Closed) 12:30 Gin Rummy 12:30 Shopping M. Basket 12:30 Poker League | 23 8:30 Mah Jongg 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 | 24 9:45 Balance 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 | 25 8:45 Total Senior Fitness 10:00 Cardio Tone 10:30 Blood Pressure 11:00 Osteo Exercise 11:30 Lunch 12:30 Shopping M Basket 12:30 ACBL Open Game 12:30 Chess / BINGO 6:30 Duplicate Bridge | 26 9:30 Movie 10:00 Zumba & Tone 10:00 Shopping Walmart 11:30 Lunch 12:00 Chair Yoga 12:30 Poker League 12:30 Gin Rummy 12:30 Tap Dancing (SHS) |
| 29 9:00 Mah Jongg 9:30 Zumba (closed) 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge (Closed) 12:30 Gin Rummy 12:30 Shopping M. Basket 12:30 Poker League | 30 8:30 Mah Jongg 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 | 31 9:45 Balance 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 | | |

JULY COMMUNITY CAFÉ MENU

LUNCH SERVED AT 11:30 AM—12:15 PM. COST IS \$2.00 PER MEAL.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| <p>1 Oven Fried Chicken w/ Gravy Or Ham & Pineapple Salad Roll w/ Caesar Salad</p> | <p>2 American Chop Suey Or Tarragon Chicken Salad Sandwich w/ Mixed Green Salad</p> | <p>3 Tuna Salad Sandwich w/ Pasta Salad Or Grilled Chicken Sandwich w/ Spinach Salad</p> | <p>4 CLOSED</p> | <p>5 CLOSED</p> |
| <p>8 Sweet & Sour Pork w/ Rice and Mixed Veg Or Pesto Chicken Sandwich w/ Greek Salad</p> | <p>9 Chicken Picatta w/ Pasta Or Deviled Egg Salad Sandwich w/ Tossed Salad</p> | <p>10 Macaroni & Cheese Or Ham & Cheese Sandwich w/ Spinach Salad</p> | <p>11 Beef Stew & Mashed Potato Or Chicken Caesar Roll w/ Chef's Salad</p> | <p>12 Turkey Cran-Apple Salad Or Shaved Roast Beef Sandwich w/ Mixed Green Salad</p> |
| <p>15 Honey Balsamic Chicken w/ Rice Pilaf Or Gourmet Pork Sandwich w/ Caesar Salad</p> | <p>16 Potato Pollack w/ Sweet Potato Or Turkey & Cheddar Sandwich w/ Tossed Salad</p> | <p>17 Meatloaf w/ Gravy & Mashed Potato Or Egg Salad Sandwich w/ Chef's Salad</p> | <p>18 Summer Picnic Tarragon Chicken & Egg Salad Sandwiches, Potato Salad, Cole Slaw, Fruit Salad</p> | <p>19 BBQ Pork Ribs w/ Butternut Squash Or Chicken Salad Sandwich w/ Spinach Salad</p> |
| <p>22 BBQ Pulled Pork w/ Potato Wedges Or BBQ Chicken Sandwich w/ Chef's Salad</p> | <p>23 Stuffed Shells w/ Sauce Or Chicken Caesar Roll w/ Garden Salad</p> | <p>24 Cold Roast Beef w/ Salad Or Turkey Cran-apple Salad Sandwich w/ Greek Salad</p> | <p>25 Teriyaki Meatballs w/ Mixed Veg Or Tuna Salad Sandwich w/ Mixed Green Salad</p> | <p>26 Lemon Citrus Chicken w/ Red Bliss Potato Or Cuban Sandwich w/ Spinach Salad</p> |
| <p>29 Meatball Sub Or Egg Salad Roll w/ Caesar Salad</p> | <p>30 Turkey w/ Gravy and Mashed Potato Or Ham & Pineapple Salad Sandwich w/ Tossed Salad</p> | <p>31 Hot Dog & Beans Or Pesto Chicken Sandwich w/ Spinach Salad</p> | | |

WORD SEARCH

ICE CREAM FLAVORS

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

- | | | |
|----------------|-----------------|-----------------|
| BLACK CHERRY | BUTTER PECAN | CHOCOLATE |
| CHOCOLATE CHIP | COFFEE | COOKIES N CREAM |
| MINT CHIP | MOCHA | NEAPOLITAN |
| PEANUT BUTTER | PEPPERMINTSTICK | PISTACHIO |
| ROCKY ROAD | STRAWBERRY | VANILLA |



Risky Behavior

By Barbara Cantor

The cell phone a wonderful invention we'll all agree but it could cost lives: you and me.

When an unreliable being while driving a car, gets a telephone call from afar and feels compelled to talk holding the phone as if they're in the shelter of their own home.

The caller's message could be unnerving

Actually send said driver into swerving.

Accidents happen daily for this very reason

SO:

I declare

Ban them from cars, starting this season.

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: