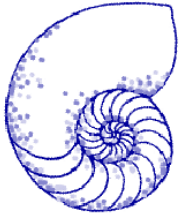


Swampscott Senior Center



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

NOVEMBER 2018

TELEPHONE. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

Chairperson: Marilyn Cassidy

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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 Senior Citizens, Friends, and Family Members,
 Where does the time go? We are now in November. Thank you again to all who supported The *Friends' of the Swampscott Senior Center* annual fund drive. They are most appreciative. Remember this group allows us to go the extra mile in regards to hospitality and special events or special purchases. In fact, this group has generously supported our coffee program, our garden, many different annual events, our entertainment, our classes, and has provided a holiday gift year after year to all who attend our Holiday Party.

There are two new classes starting here in November art and backgammon. Of course, you can look to jump into existing physical activity classes and cards, knitting, cribbage and poker to make a few suggestions. At least come to lunch. This center has become a surrogate family for many of our clients.

November brings us to our annual food drive to support the St. Vincent De Paul food pantry located at St. John's Church. So many of us have never had to go hungry but that is not the case for some who are just getting by. Bring your donations to the center and we will get them to the food pantry. The food this year is being delivered by John Gomerley who is a poker player who also helps organize and volunteers at the food pantry. The food pantry has requested peanut butter, tuna, cereal, pasta sauce, canned chicken,

and personal products such as soap, shampoo, tissues and paper goods.

November is also the month to get prepared for the onset of winter. Always have an emergency kit ready with a flash light, portable radio, water and non-perishable food. **Remember if the schools are closed due to a weather emergency such as a snow storm, we are closed.** The Senior Center has hardship waivers for snow and ice removal. The fee is \$25.00.

Take a moment to reflect on the many things we have to be thankful for. That is the significance of this month's holiday. Speaking of holidays, we are having a Veteran's Day breakfast to honor those in our community who have served our country in the military. It will be Sunday, November 11, 2018. We will start the breakfast at 9:30. We will have a color guard provided by the ROTC members at Lynn English High School. The event will be followed by the 11:00 am service to be held on Monument Ave at the Vietnam War Memorial.

News flash! The Holiday Party this year is December 8. Charlie Dawson will provide the entertainment. Tickets will be on sale the last week of this month for \$5.00. What a deal.

Enjoy this month and come on down and check things out. Remember each day is a gift.

Marilyn

Veteran's Day Breakfast: Sun Nov 11th 9:30 AM

All Swampscott Veterans are welcome. There will be a presentation of the colors by the ROTC from LEHS. We will acknowledge those who were lost in service to the United States. Please make a reservation.

Wine Tasting: A Trip Through France**Wed 11/7 6:00-8:00pm \$15**

Please join us for a night of sipping French wine with Maia Gosselin from Sip Education. With holidays right around the corner there will be wines that are perfect for all of your holiday gatherings. Whites, reds and of course some bubbles! Light appetizers will be served. Space is limited. Please RSVP.

5 Week Art Class! : Tues 2:45-4:00 with Laurie Reis

Bring in photos or objects that will inspire water color, acrylic and color pastel projects. Let's get started and have fun! Runs from 11/6—12/4

Coffee with the Superintendent Mon 11/19 10:30

Come meet Superintendent of Swampscott Schools, Pamela Angelakis and ask any questions you may have about the need for new schools in Swampscott.

Winter Craft Day—Wed 11/28

Our staff will be hosting a craft day where we will make adorable winter snow men. The cost is \$3.50 per snow man. Please sign up at the front desk.

Instructional Backgammon Thursdays 12:30-1:30

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

Movie Matinees—Fridays at 9:30am

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

Knitting

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

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.

Candy

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

Tech Ninjas

Make an appointment to have 1 on 1 help with your technical device. iPhone, laptops, kindles etc.

****ALERT for Election Day, Nov 6th****

We will be open but not serving lunch. We expect parking to be difficult so please give yourself extra time when planning your visit to the center.



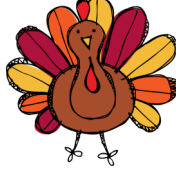
SHINE Update




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 have been mailed an information packet from your plan at the end of September. It is important to understand and save this information because it explains the changes in your plan for 2019. Premiums, deductibles, co-pays and the drugs covered by your plan can change significantly.

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

We have trained SHINE counselors who offer FREE, confidential counseling on all aspects of Medicare and related health insurance programs. Call us today to schedule an appointment as they fill up very fast during Open Enrollment.

781-596-8866 #0

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Pork Ribs w/ Honey BBQ Sauce Or Chicken Caesar Roll w/ Cauliflower Cheddar Soup</p>	<p>2 Shepard's Pie w/ Mashed Potato Or Cuban Sandwich w/ Corn Chowder</p>
<p>5 Turkey Divan w/ Pasta Or Pork Sandwich w/ Cauliflower Cheddar Soup</p>	<p>6 No Lunch Service Election Day</p>	<p>7 Baked Ham Or Pesto Chicken Sandwich w/ Potato Leek Soup</p>	<p>8 Beef & Broccoli w/ Fried Rice Or Egg Salad Sandwich w/ Split Pea Soup</p>	<p>9 Chicken Pot Pie Or Roast Beef Sandwich w/ Broccoli Cheddar</p>
<p>12 CLOSED</p>	<p>13 Cranberry Chicken w/ Sweet Potato Or Ham & Pineapple Salad Sandwich w/ Southwestern Kidney Bean Soup</p>	<p>14 Meatloaf w/ Gravy or Tarragon Chicken Salad Roll w/ Vegetable Soup</p>	<p>15 Thanksgiving Special Roasted Turkey w/ Gravy, Mashed Potato, Stuffing, Butternut Squash and Apple Pie</p>	<p>16 Potato Pollock w/ Mac & Cheese Or Turkey Cran Apple Salad Sandwich w/ Barley Soup</p>
<p>19 Sweet & Sour Meatballs w/ Fried Rice Or Roast Beef Sandwich w/ Minestrone Soup</p>	<p>20 Yankee Pot Roast Or Deviled Egg Salad Sandwich w/ Kale & White Bean Soup</p>	<p>21 Hot Dog w/ Baked Beans Or Roasted Chicken Sandwich w/ Veggie Noodle Soup</p>	<p>22 Thanksgiving Closed </p>	<p>23 CLOSED</p>
<p>26 Braised Pork Or Turkey & Swiss Sandwich w/ Cauliflower Cheddar Soup</p>	<p>27 Baked Haddock Or Roasted Chicken Sandwich w/ Tomato Soup</p>	<p>28 Oven Fried Chicken w/ Mac & Cheese Or Roast Beef Sandwich w/ Potato Leek Soup</p>	<p>29 Salisbury Steak w/ Gravy Or Chicken Salad Sandwich w/ Split Pea Soup</p>	<p>30 Stuffed Pepper Or Pesto Chicken Sandwich w/ Mushroom Soup</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			8:45 Total Senior Fitness 10:00 Cardio Tone Closed 1 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: 2 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 5 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 6 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 7 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 8 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: 9 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
CLOSED 12	8:30 Mah Jongg 13 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 14 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 15 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: 16 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 19 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 20 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 21 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	CLOSED Thanksgiving 22	CLOSED 23
9:00 Mah Jongg 26 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 27 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 28 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 29 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: 30 9:45 Zumba & Tone 10:30 shopping walmart 11:30 Lunch 12:00 Chair Yoga 12:30 Gin Rummy 12:30 Poker League 12:30 BINGO 12:30 Tap Dancing

PARKING ALERT!

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

COMING SOON!

Movies - Fridays at 9:30am

Friday, November 2nd *RBG*; 2018

The exceptional life and career of US Supreme Court Justice Ruth Bader Ginsburg, who has developed a breathtaking legal legacy while becoming an unexpected pop culture icon.

Friday, November 9th *Bel Canto*; 2018

A world-renowned opera singer becomes trapped in a hostage situation when she's invited to perform for a wealthy industrialist in South America.

Friday, November 16th *Mamma Mia—Here we Go Again*; 2018

Five years after the events of Mamma Mia, Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past.

Friday, November 23rd *Planes, Trains and Automobiles* 1987

A man must struggle with to travel home for Thanksgiving with an obnoxious slob of a shower curtain salesman as his companion.

Friday, November 30th *A Beautiful Mind* 2001

After John Nash, a brilliant but asocial mathematician, accepts secret work in cryptography, his life take s a turn for the nightmarish.

At Your Service

Barbara Cantor 9/26/18

I'm not tired because my eye is closed,
I know someone will come along to test me.
Can I make them smile and make their day,
Or will they swear at me and walk away?

Hey! Yes you. Did you think you could have a double Mac cheeseburger with fries twice this week, and how about that medium sized, fully loaded sub? Don't take it out on me, get a grip on yourself, Stay focused on your goal.

I'm only your trusty scale and I will continue to tell you the truth, only the truth, no matter how weighty the task may be for me.

Ask the Audiologist

With Dr Joan McCormack of Atlantic Hearing Care

Q: How do I know if I should have my hearing checked?

A: Hearing loss usually occurs gradually. In fact, others may notice it before you do! Often people complain of difficulty hearing in groups and in background noise. Good hearing is so important for quality of life. It is important to identify any problems before they create difficulty at home or socially.

Check out this free hearing quiz at:
www.atlantichearingcare.com

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 _____