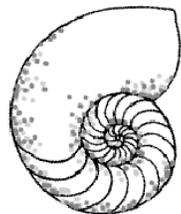


Swampscott Senior Center



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

APRIL 2018

TELEPHONE. 781-596-8866/781-581-1726

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

Director: Marilyn Hurwitz

Chairperson: Marilyn Cassidy	Norma Freedman
Mary Cobbett	William Hyde
Ruth Iarrobino	Judee Cyr
Peter McNerny	Robert Powell

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

Greetings friends!

Are we done with the snow or what??

Hopefully by now spring has actually sprung! We have a lot going on at the center and hope you are finding time to come in and check it out.

We are ready to celebrate opening day as we have done in the past so get your Red Sox gear out from under your snow pants! Who doesn't love Cracker Jacks?? We are partnering with the Jimmy Fund and hoping to raise \$500! Save your Five Dollar Bills!!

We are also very excited to announce that we will now be offering medical rides for Swampscott seniors! This is something people have been asking about for quite some time and we now have the resources to do it so please take advantage.

We have a fabulous guest speaker coming to our April Men's Club...Captain Ray Bates, Author of Shipwrecks on the North Shore. Come have lunch with old friends and listen to these enchanting tales. We begin with sandwiches from Periwinkles at 1:00 and it's \$7.00. Come check it out.

Hopefully the weather gets warm soon and we will see our bocce courts full and our flowers in bloom. Until then, stay warm!

Sincerely,
Anne

MEDICAL RIDES

The Swampscott Senior Center Will Now Offer Medical Rides on Wednesdays Beginning April 18th

- *Must be a Swampscott resident, 55 Years and older.
- *\$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
- *Appointments must be between the hours of 9:30 and 1:30 depending on pickup location.
- *Reservations must be made with a receptionist. Reservations will not be accepted from phone messages.

Men's Club—Thursday April 26th 1:00

Local Author Raymond Bates will be discussing his book Shipwrecks North of Boston. Please sign up at the front desk. \$7

FOXWOODS - Tuesday April 17th

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. April Birthdays get in to Bingo for FREE!

Opening Day—Thursday April 5th

Play Ball! We will kick off our annual Jimmy Fund campaign and celebrate opening day. Wear your Red Sox gear! Enjoy a hot dog lunch and a box of cracker jacks!

Chess—Thursdays 12:30

This friendly group is always welcoming new participants. Come *check mate* it out!

New Canasta class Tuesdays 10:00-12:00

Get out and try Canasta with Elaine Newburg. 6 weeks for \$45. Classes will begin on April 24th. Please sign up at the front desk.

New Beginner Bridge Class—Thursdays 12:45 - 3

Join Marilyn for a 6 week class and learn the basics of bridge. Class will begin on April 5th. \$30 for the class and \$12 for the book. Please sign up.

Movie Matinees—Fridays at 9:30am

Every Friday, we will show a movie by the fire and serve some delicious snacks. Movies will be announced during the week and we are always open to requests. Lights! Camera! Action!

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.

Blood Pressure

Every Tuesday and Thursday from 10:30-11:45am.

Poker

Meets from 12:30 to about 4pm Mon., Wed., and Fri. They are always looking for more poker players. Come on in! New players should try our Wednesday group.

Knitting

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

New Senior Center Email Address

Would you like to contact us via email? Use our new email address and will send a prompt response.

swampscottseniorcenter01907@gmail.com

Foot Doctor

We have a Foot Dr come in for visits every other month. Please call for an appointment.

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 you one on one support. They are very patient and very savvy. Please call us for an appointment.

Candy

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

Check out a Laptop

While spending time at the Senior Center, laptops are available for use and wifi is available. Please inquire at the front desk.

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 at the High School

We are no longer able to walk inside the High School but soon the weather will be cooperative and we will begin our outdoor walking group. Be on the lookout!

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Beef Stew Or Egg Salad Sandwich w/Veggie Soup</p>	<p>3 Lemon Thyme Chicken Or Roast Beef & Sandwich w Broccoli Cheddar Soup</p>	<p>4 Sweet & Sour Meatballs Or Gourmet Pork Sandwich w/ Split Pea Soup</p>	<p>5 Hot Dog Or Turkey Gobbler Sandwich w/ Potato Leek Soup</p>	<p>6 Stuffed Shells Or Chicken Pesto Sandwich w/ Minestrone Soup</p>
<p>9 Shepard's Pie Or Tuna Salad Sandwich w/ Barley Vegetable Soup</p>	<p>10 Lunch Provided by The Residence In Swampscott</p>	<p>11 American Chop Suey Or Chicken Caesar Roll w/ Veggie Rice Soup</p>	<p>12 Chicken Pot Pie Or Egg Salad Sandwich w/ Kale & White Bean Soup</p>	<p>13 Fish w/ Tartar Sauce Or Shaved Roast Beef Sandwich w/ Tomato Soup</p>
<p>16 CLOSED Patriot's Day</p>	<p>17 Chicken Meatballs w/ Pasta Or Ham & Pineapple Salad Sandwich w/Kidney Bean Soup</p>	<p>18 Honey Rosemary Pork Or Chicken Salad w/ Mushroom Soup</p>	<p>19 SPRING SPECIAL Stuffed Chicken, Rice, Peas, Zucchini, Summer Squash, Strawberry Mousse</p>	<p>20 Broccoli & Cheese Bake Or BBQ Chicken Sandwich w/ Corn Chowder</p>
<p>23 Stuffed Peppers Or Roast Beef Sandwich w/ Barley Veggie Soup</p>	<p>24 BBQ Chicken Or Grilled Chicken Sandwich w/ Veggie Noodle Soup</p>	<p>25 Fish w/ Lemon Wedge Or Chicken Salad Sandwich w/ Broccoli Cheddar Soup</p>	<p>26 Turkey w/ Gravy Or Turkey & Cheese Sandwich w/ Minestrone Soup</p>	<p>27 Salisbury Steak Or Cuban Sandwich w/ Split Pea Soup</p>
<p>30 Lasagna Or Turkey & Cheddar Sandwich w/ Kale & White Bean Soup</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
<p style="text-align: center; font-size: 2em; font-weight: bold;">16</p> <p style="text-align: center; font-size: 2em; font-weight: bold;">CLOSED</p>	<p style="text-align: right; font-weight: bold;">1</p> <p>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 Ult Walking Meditation 2:00 Tai Chi Basics</p>	<p style="text-align: right; font-weight: bold;">2</p> <p>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</p>	<p style="text-align: right; font-weight: bold;">3</p> <p>8:45 Total Senior Fitness 10:00 Cardio Tone Closed 11:00 Osteo Exercise 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge</p>	<p style="text-align: right; font-weight: bold;">4</p> <p>9:00 Tap Dancing 9:30 Movie: Bridesmaids 9:45 Zumba & Tone 11:30 Lunch 12:30 Shopping Highland Ave 12:30 Poker League 12:45 Bingo</p>
<p style="text-align: right; font-weight: bold;">9</p> <p>9:00 Mah Jongg 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</p>	<p style="text-align: right; font-weight: bold;">10</p> <p>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 Ult Walking Meditation 2:00 Tai Chi Basics</p>	<p style="text-align: right; font-weight: bold;">11</p> <p>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</p>	<p style="text-align: right; font-weight: bold;">12</p> <p>8:45 Total Senior Fitness 10:00 Cardio Tone Closed 11:00 Osteo Exercise 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge</p>	<p style="text-align: right; font-weight: bold;">13</p> <p>9:00 Tap Dancing 9:30 Movie: I Tonya 9:45 Zumba & Tone 11:30 Lunch 12:30 Shopping Highland Ave 12:30 Poker League 12:45 Bingo</p>
<p style="text-align: right; font-weight: bold;">23</p> <p>9:00 Mah Jongg 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</p>	<p style="text-align: right; font-weight: bold;">17</p> <p>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 Ult Walking Meditation 2:00 Tai Chi Basics</p>	<p style="text-align: right; font-weight: bold;">18</p> <p>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</p>	<p style="text-align: right; font-weight: bold;">19</p> <p>8:45 Total Senior Fitness 10:00 Cardio Tone Closed 11:00 Osteo Exercise 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge</p>	<p style="text-align: right; font-weight: bold;">20</p> <p>9:00 Tap Dancing 9:30 Movie: The Jungle Book 9:45 Zumba & Tone 11:30 Lunch 12:30 Shopping Highland Ave 12:30 Poker League 12:45 Bingo</p>
<p style="text-align: right; font-weight: bold;">30</p> <p>9:00 Mah Jongg 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</p>	<p style="text-align: right; font-weight: bold;">24</p> <p>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 Ult Walking Meditation 2:00 Tai Chi Basics</p>	<p style="text-align: right; font-weight: bold;">25</p> <p>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</p>	<p style="text-align: right; font-weight: bold;">26</p> <p>8:45 Total Senior Fitness 10:00 Cardio Tone Closed 11:00 Osteo Exercise 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge</p>	<p style="text-align: right; font-weight: bold;">27</p> <p>9:00 Tap Dancing 9:30 Movie: The Sixth Sense 9:45 Zumba & Tone 11:30 Lunch 12:30 shopping Highland Ave 12:30 Poker League 12:45 Bingo</p>

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 do not leave messages for reservations.

Monday

Lunch
Market Basket

Tuesday

Lunch
Bingo
Stop & Shop
Medical Rides

Wednesday

Medical Rides

Thursday

Lunch
Market Basket

Friday

Movie
Lunch
Bingo
Highland Ave
(Walmart, Market Basket etc)



I CANNOT LET GO

Nancy R. S. Diaz—February 26, 2018

I cannot let go of my memories of my beloved Greg. I see him in everything I do, and everywhere I go. His sweet face appears in every thought I have. When doing my morning exercises I see him laying on the floor beside me as we raise and lower our legs to the music playing on our Bose radio. He had this special exercise while lying on his side where he slid his top leg parallel to the floor bending his knee until he reached his chin and straightened his leg again. Repeating this to the count of eight, then he'd roll over and do his other leg. He wasn't at all graceful about this, but so endearing.

I fill my days with busyness, making this, going here and there, reading 'til exhaustion sets in, in hopes of dropping right off to sleep at the end of the day. But then I find myself going back and remembering all the little things. Like the day I was at his place and he was showing me around. He had a Nordic Track and I asked him if I could try it. I got on and immediately fell off, into his arms. That was the first time he held me. I'll always remember how he felt, so solid, so strong and yet so gentle. ...and that smile, you could die for that smile.

I cannot let go of the memories, so many that I hold onto in all their preciousness. Years later with many events passed, one night, at about 8pm, I arrived at the nursing home and found him already in bed for the night. He greeted me with a smile that just melted my heart and I climbed into bed and held him as he encircled me in his arms. We chatted quietly for a while when he said, "I'm afraid to go to sleep because you'll disappear."

I did, and then he did. But hold onto my memories of the gifts we shared, time spent together, and our love.

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 _____