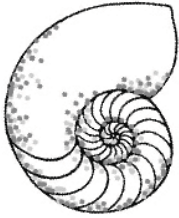


## Swampscott Senior Center



# 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: DON WESCOTT**

**JULY 2011**

**781-596-8866**

**200R ESSEX STREET, SWAMPSCOTT, MA 01907**

### BOARD MEMBERS

CHAIRPERSON, Mary Abramson

Sid Novak	Norma Freedman
Mary Cobbett	Felice Litman
William Hyde	Arlene Rosen
Claire Dembowski	Marilyn Cassidy

### STAFF

DIRECTOR: Marilyn Hurwitz  
ASSISTANT DIRECTOR: Rod Pickard  
ACTIVITIES COORDINATOR: Don Wescott and Lois Donovan  
OFFICE ASSISTANT: Susan Pierce, Dorothy Kitoski  
OUTREACH WORKER: Bill Foley  
VAN DRIVERS: Howie Conley, Bob Grimes  
GLSS SITE MANAGER: Helen Richard



*Dear Friends:*

*Happy 4th!! Hopefully you will have a great day and the weather will cooperate and the fireworks will go off as planned. My family spends the holiday up on Sebago Lake in Raymond, Maine. They have a great fireworks display that you can see from the shore or on a boat out on the lake. Last year there must have been over two-hundred boats out there. The most exciting part of the evening is watching boats race away after the fireworks end. It is not unusual to have boats run into each other or even better when the drunken captain tries to take a short cut and ends upon a sand bar or on the rocks. Some of these boats are over thirty feet long and can travel at speeds of 70 mph, and cost thousands of dollars. We go out with the grand kids and wait for most of the boats to leave before we head home.*

*Boston is another great place to see the fireworks especially if you go down to the Esplanade and listen to the music first. Some people get there at 9:00 am and claim their spot. I have done this several times and it is a great day if the weather cooperates. One time I and went and it rained all day but turned beautiful that night. Yes we stayed. If Boston is not your thing you can usually see some great fireworks in Swampscott, Marblehead or Salem. The best thing about the display is that it is free.*

*Other news is to remind people that the Men's Club is seeking new members; if you have questions please see Bill Foley or Rod. There is also a planned trip to a World War II museum just outside of Boston, if interested give your name to the front office. **There will be no Men's Club meeting in July.***

*Have a great 4th, Rod*



## FRIENDS OF THE SWAMPSCOTT SENIOR CENTER

P.O. Box 612, Swampscott, MA. 01907

Would you like to support the Swampscott Senior Center? The "Friends" group helps with activities and fund raising. In addition, the "Friends" group is accepting tax-deductible contributions for support of these efforts. You may wish to make a contribution in memory or honor of a loved one. This coupon is for your convenience in making a gift that will enrich services for senior citizens today and tomorrow. Families of those honored will be notified of your contribution.

I am enclosing \$ \_\_\_\_\_

(please make check payable to the Friends of the Swampscott Senior Center)

Check one: ( ) In memory of ( ) In Honor of

Name: \_\_\_\_\_

Send card to: \_\_\_\_\_  
\_\_\_\_\_

Donor's Name: \_\_\_\_\_

## SWAMPSCOTT OUTREACH COUNSELOR

Bill Foley is our new resident Outreach Counselor and is available every Tuesday and Thursday from 9:00 a.m. to 3:00 p.m. and Friday from 10:30 a.m. to 3:00 p.m. Elena Kirios our SHINE Counselor will be here every Tuesday from 10:00 a.m. to 1:00 p.m. by appointment only. Each appointment will be 30 to 40 minutes long; you must bring your Medicare card, your supplemental insurance card and drug plan card and a list of your prescriptions. To make an appointment, please contact the Senior Center or sign up at the Senior Center desk.

## HAPPY BIRTHDAY WISHES

To Those Who Celebrate Their Birthday In July

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

 **BERTRAM HOUSE**  
Distinctive Assisted Living Combining  
**REMINISCENCE NEIGHBORHOOD**  
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- Does your therapist provide hands on treatment or is he/she seeing several patients at one time?

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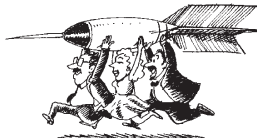
### NORTH SHORE PHYSICAL THERAPY

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**SALEM**  
978-910-0486

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 9:30 Tap Dancing 11:45 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
<b>4</b>  SENIOR CENTER CLOSED FOR JULY4th HOLIDAY	<b>5</b> 8:45 Stretch & Tone 9:30 Mah Jongg 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:45 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 1:30 Women's Group	<b>6</b> 10:00 Creative Writing 11:00 Puzzles and Crosswords 11:45 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/Games 7:00 Cribbage Club	<b>7</b> 9:00 Total Senior Fitness 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:45 Lunch 12:30 Food Shopping Shaws/Market Basket 12:45 Scrabble 6:30 Duplicate Bridge	<b>8</b> 9:30 Tap Dancing 11:45 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
<b>11</b> 9:00 Bridge Group 9:30 Golf/Bowling 9:30 Mah Jongg 10:00 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:45 Lunch 12:30 Intermediate Bridge 12:30 Food Shopping Shaws/Market Basket 1:00 Poker League	<b>12</b> 8:45 Stretch & Tone 9:30 Mah Jongg 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:45 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano	<b>13</b> 10:00 Creative Writing 11:00 Puzzles and Crosswords 11:45 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/Games 7:00 Cribbage Club	<b>14</b> 9:00 Total Senior Fitness 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:45 Lunch 12:30 Food Shopping Shaws/Market Basket 12:45 Scrabble 6:30 Duplicate Bridge	<b>15</b> 9:30 Tap Dancing 11:45 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
<b>18</b> 9:00 Bridge Group 9:30 Golf/Bowling 9:30 Mah Jongg 10:00 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:45 Lunch 12:30 Intermediate Bridge 12:30 Food Shopping Shaws/Market Basket 1:00 Poker League	<b>19</b> 8:45 Stretch & Tone 9:30 Mah Jongg 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:45 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano	<b>20</b> 10:00 Creative Writing 11:00 Puzzles and Crosswords 11:45 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/Games 7:00 Cribbage Club	<b>21</b> 9:00 Total Senior Fitness 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:45 Lunch 12:30 Food Shopping Shaws/Market Basket 12:45 Scrabble 1:00 Men's Club 6:30 Duplicate Bridge	<b>22</b> 9:30 Tap Dancing 11:45 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
<b>25</b> 9:00 Bridge Group 9:30 Golf/Bowling 9:30 Mah Jongg 10:00 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:45 Lunch 12:30 Intermediate Bridge 12:30 Shopping at Wal-Mart Shaws/Market Basket 1:00 Poker League	<b>26</b> 8:45 Stretch & Tone 9:30 Mah Jongg 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:45 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano	<b>27</b> 10:00 Creative Writing 11:00 Puzzles and Crosswords 11:45 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/Games 7:00 Cribbage Club	<b>28</b> 9:00 Total Senior Fitness 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:45 Lunch 12:30 Food Shopping Shaws/Market Basket 12:45 Scrabble 6:30 Duplicate Bridge	<b>29</b> 9:30 Tap Dancing 11:45 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League

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Greater Lynn Senior Services  
COMMUNITY CAFE MENU

Community Café Coordinator  
Kathleen Stapleton (978-538-0642)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Hamburg/Cheese Slice Lettuce & Tomato Corn/ Potato Salad Watermelon  <b>ALTERNATIVE</b> Turkey Burger/Roll
<b>4</b>   HOLIDAY No Meal Service	<b>5</b> Pesto Tyson Chicken Whipped Potato Italian Blend Veggies Chilled Fruit  <b>ALTERNATIVE</b> Rib-B-Q/ BBQ Sauce	<b>6</b> Stuffed Shells w/Meat Sauce Spinach Fresh Fruit <b>ALTERNATIVE</b> Cranberry Glazed Boneless Chicken Potato	<b>7</b> Italian Wedding Soup California Chicken Salad/ WW Pita Tossed Salad Brownie  <b>ALTERNATIVE</b> Egg Salad/WW Pita	<b>8</b> Roast Turkey w/Gravy Sweet Potato Green Beans/Muffin Chilled Pineapple  <b>ALTERNATIVE</b> Broccoli & Cheese Fish Creole
<b>11</b> Orange Pineapple Boneless Chicken Veg Lo Mein Noodles/ Broccoli Cookie  <b>ALTERNATIVE</b> Meatballs/Gravy	<b>12</b> Pepper Steak/Sub Roll Home Fries Carrots Chilled Fruit  <b>ALTERNATIVE</b> Omelet	<b>13</b> Lemon Pepper Fish/Dill Sauce Cheddar Whipped Potato Tuscany Blend Veggies Jell-o <b>ALTERNATIVE</b> Lasagna/Meat Sauce	<b>14</b> Cream of Broccoli Soup Meatloaf/Gravy Sour Cream Whipped Potato Fresh Fruit <b>ALTERNATIVE</b> Sweet & Sour Chix Tenders	<b>15</b> Mac & Cheese Green & Golden Beans WW Roll Mandarin Oranges  <b>ALTERNATIVE</b> Spanish Beef/Yellow Rice
<b>18</b> Mustard Dill Roast Pork Oven Roasted Potato Butternut Squash Chilled Fruit  <b>ALTERNATIVE</b> Chix Filet Sandwich	<b>19</b> Eggplant Parm Rotini/Meat Sauce Roman Blend Veggies Fresh Fruit  <b>ALTERNATIVE</b> Haitian Turkey/Potato	<b>20</b> Citrus Tyson Chicken Lyonnais Potato Country Blend Veggies Pudding  <b>ALTERNATIVE</b> Liver & Onions	<b>21</b> Chili/Shredded Cheese Tossed Salad/White Rice Corn Bread Chilled Pineapple  <b>ALTERNATIVE</b> Chix Teriyaki/Rice	<b>22</b> Minestrone Soup Turkey Salad Potato Salad Cake  <b>ALTERNATIVE</b> Ham Salad
<b>25</b> Stuffed Peppers/Sauce Diced Seasoned Potatoes Spring/Summer Blend Veggies Chilled Fruit  <b>ALTERNATIVE</b> Chix Filet Sandwich	<b>26</b> Mushroom Barley Soup Tuna Salad Purple Cabbage Cole Slaw Apple Crisp/Topping  <b>ALTERNATIVE</b> Shaved Roast Beef	<b>27</b> Kielbasa Noodle Casserole Zucchini/Red Pepper Fresh Fruit  <b>ALTERNATIVE</b> Salisbury Steak Potato	<b>28</b> Boneless Chicken Tarragon Scalloped Potato Fiesta Mix Veggies Jell-o  <b>ALTERNATIVE</b> Pork Patty/Gravy/Potato	<b>29</b> Swedish Meatballs/ Gravy Whipped Potato Beets/ Garlic Roll Chilled Fruit  <b>ALTERNATIVE</b> Veggie Quiche

*Chances are with just ONE AD,  
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ONE new customer! Place an ad today.  
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presents - **SENIOR FITNESS**  
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## QUESTION AND ANSWER COLUMN OFFERED BY NORTH SHORE PHYSICAL THERAPY

Please feel free to submit questions about musculoskeletal problems to us in writing by sending them to: NSPT, 1Widger Road Marblehead, MA 01945, c/o Susan Finigan

**Question.** I love to garden, but I always end up with a sore back afterwards. What do you suggest?

**Answer.** It is very common to strain your back while gardening. Be sure that you pace yourself. When you begin to feel tired, take a break from gardening, change your position, or get a drink of water. Try moving your back in the direction opposite to what you have been doing. For instance, if you had been bending forward, straighten up and take a short walk. It is a good idea to avoid bending your back for long periods of time. As an alternative, work on hands and knees, in a kneeling position (using knee pads) or on a gardening stool.

Be sure to ask for help if there is something heavy to lift. Whenever lifting, keep the object as close to your body as possible, and keep your back in a comfortable neutral position (halfway between rounded and arched). Engaging your stomach (abdominal) muscles by gently drawing your belly button in toward your spine is helpful during any activity which challenges the back. Do not hold your breath while contracting your abdominals or while lifting. In general, it is better to push an object than to pull or lift it.

When raking or shoveling, avoid twisting your back by positioning your hips and shoulders in the direction of the activity you are doing. Whenever possible, move your feet rather than twist your spine. If you tend to develop a sore or stiff back after gardening, stretch before and after gardening, or use ice when you get out of the garden. Good body mechanics in the garden will help your back feel better so that you are more able to enjoy the fruits of your labor!

### SCRABBLE CLUB

Our scrabble club meets every Thursday from 12:30 p.m. to 3:00 p.m.  
Come join the group and have some fun.

### SUMMER ART CLASS



Nicole Ryan returns this summer, Tuesday, August 2nd through Tuesday, August 23 from 12:30 to 3:00 p.m. Students will study perspective, sighting, value, form and composition. You will also complete a charcoal, pencil and color pencil drawing. One drawing each week and the last week will be your choice. Contact the Senior Center to sign-up.



## SACRED UNION

There once was a spider named Annie  
Who one day fell flat on her fanny  
And in the process  
Among the mosses  
She met her true love named Andy.

He lifted her up on his back  
Like potatoes in a small sack  
Being quite careful  
While she very tearful  
He brought her home for a snack.

His feelings for her were the same  
She knew she would take his name  
The date to be set  
And gold rings to get  
This was true love, not a game.

The wedding took place at the park  
At sunset before it turned dark  
In her spun veil of white  
A beautiful sight  
To the gentle song of a lark.

*Nancy Diaz*



## AUGUST BARBQUE

The Senior Center will be having a FREE BBQ in late August, the date is yet to be determined. We will be serving hamburgers and hot dogs. Once a date is established, we will announce a date when tickets will go on sale.

## MBTA CHARLIE CARD RENEWAL/REGISTER

The Salem Senior Center located at 5 Broad Street, Salem is having MBTA representatives come to their facility to renew or to take applications for Charlie Cards. They will be there on Wednesday, September 21st. from 1:00 p.m. until 3:30 p.m. All area seniors are welcome to apply. This is an excellent opportunity to attain a Charlie Card and receive discounts on the MBTA trains and buses. The Swampscott Senior Center will be offering transportation to and from the Salem Senior Center. Contact the Senior Center to sign-up for the bus or you can drive yourself directly to the Salem Senior Center.

## WISH LIST

The Senior Center is looking to its members or town's people to help defray expenses by donating the following articles: lots of candy and boxes of Kleenex. The Senior Center is also looking for someone to donate a Mah Jongg set.

## PUZZLES, PUZZLES AND MORE PUZZLES

Seniors, have you always wanted to learn the art of solving crossword puzzles and never did? Well now you can. The Senior Center is offering classes on Wednesdays from 11:00 a.m. to 12:00 p.m. for solving all kinds of puzzles, from crosswords to Suduko to crytoquotes to Kenken and The Jumbo. Our Joe Paluzzi will teach a class on how to solve all these types of puzzles which he has done for over sixty years. He has solved an estimated 30,000 crossword puzzles and a gazillion other types as well. All you will need is your pencil. Contact the Senior Center to save your seat.