

## ***JULY***

A happy time of the year - vacations, cookouts, beautiful flowers, everyone in a good mood. We should all get together and sing a couple of choruses of "By the Sea, By the Sea, Oh How Happy We Will Be".

The desire for independence is the rule for most people. However, as you grow older, the time comes when you find yourself depending on others. It is a time of life when you learn to appreciate the kindness and support of friends and family members. 🎵 Gone are the Days 🎵

## ***INDEPENDENCE DAY – THE FOURTH OF JULY***

Though commonly known as the Fourth of July, summer's only holiday, its true name is Independence Day.

It was very hot on the fourth of July 1776 when weary legislators signed the Declaration of Independence. It stated that no longer was the colony under British rule; but a country with its own regulations and well on the road to freedom for one and all.

## ***THE DAY IS LOST IN WHICH ONE HAS NOT LAUGHED***

By Dick Barry

Mary: "Jane does your husband every pay you a compliment?"

Jane: "Well sometimes he says, "You've a nice one".

A doctor examined a woman, took the woman's husband aside and said, "I don't like the looks of your wife at all."

"Me neither doc," said the husband "but she's a great cook and is good with the kids."

"Grandma, how long have you and grandfather been married?" asked the granddaughter. "Fifty years", Grandma said. "Isn't that wonderful," exclaimed the granddaughter. "And I'll bet that in all that time you never thought about a divorce....right?"

"Right, divorce never, murder sometimes."

Two guys are talking about their boss's upcoming wedding. One says, "It's ridiculous. He's rich but he's 93 years old and she's just 26".

"What kind of a wedding is that?"

"Well, we have a name for it in my family."

"What do you call it?"

"We call it a football wedding."

"What's a football wedding?"

"She's waiting for him to kick off".

If I was the first to die, would you remarry? The wife asked.

"Well, says the husband, I'm in good health so why not?"

"Would she live in my house?"

"It's all paid up."

"Would she drive my car?"

"It's new," he says.

"Would she use my golf clubs?"

"No, she's left handed."

A teenage girl had been talking on the phone for about a half hour and then she hung up.

“Gee” said her father, “that was short. You usually talk for two hours. What happened?”  
“Wrong number.”

An elderly lady fills out the registration form at a doctor’s office. After the address, the form asks for “zip”. She writes, “Not bad for my age.”

Mr. Murphy told everyone that when he went to London recently, the driver took him to a topless palace. It was a pub with no roof on it. It rained all the time during the meal. He said it took him two hours to finish his soup.

Jane: “Did you see what Marilyn wore to church?”

Henry: “No.”

Jane: “Did you see the dress Louise had on?”

Henry: “No.”

Jane shook her head. A lot of good it does you to go to church.

Bill: “Why the glum look?”

Stan: I just don’t understand today’s world. My son wears an earring. My daughter has a tattoo. My wife makes twice as much money as I do. I think I’m going home to my father.”

Harry an elderly widow is invited to a friend’s home for dinner. Ernie, the host, preceded every request to his wife with a term of endearment, calling her honey, darling, pumpkin, sweetheart and so on. Harry was touched by this and when the wife went into the kitchen he said to Ernie. “I think it is really sweet that after fifty years of marriage, you still have pet names for your wife.”

Ernie whispered, “To tell you the truth I forgot her name five years ago.”

For my own record, that I should note that I am planning to observe my 86<sup>th</sup> birthday on July 1<sup>st</sup> and our wedding anniversary on that same date.

***THE CENTER WILL BE CLOSED ON JULY 4<sup>TH</sup> IN RECOGNITION OF INDEPENDENCE DAY. HAVE A GREAT 4<sup>TH</sup> OF JULY!!!!***

***JEWELRY SALE – STARTS MONDAY, JULY 10<sup>TH</sup>***

***INDOOR BB-Q AND ENTERTAINMENT BY THE SENIOR TONES***

**JOIN US** on Thursday, July 13<sup>th</sup> at 11:30, for our annual BBQ by our daily catering service, Sidekim. Thanks to Arbors Assisted Living of Stoneham, we will have great entertainment by the Senior Tones. Entertainment Lunch will consist of: **Cheeseburger/Hotdog/Roll, Cole Slaw, Marinated Pasta Salad, Lemonade, Strawberry Shortcake. Tickets are \$5.00. YOU MUST GET YOUR TICKETS IN ADVANCE.**

### **ICE CREAM SOCIAL**

Yum, Yum, Yum!!! Thanks to Chestnut Woods Rehabilitation and Healthcare Center, we will be having an Ice Cream Social on Tuesday, July 18<sup>th</sup> at 12:30. **Please sign-up and get your FREE Ticket in the back office.**

### **SENIOR ASSOCIATION MEETING**

There will be NO Association meeting in July. The Association Pizza party will be Thursday August 17<sup>th</sup> at Prince Pizza. Doors open at 11:30. Tickets are \$2.00. Please see Corinne Heise, or Dottie Bockus. The next Association meeting will be Thursday, September 14<sup>th</sup> @ 12:30. To become a member of the Association contact Delores Venetsanakas at 781-595-2673.

### **FREE HEARING CLINIC**

Mary Marino of Mary's Affordable Hearing Aids will be doing a hearing clinic on Friday, August 14<sup>th</sup> from 10:00-12:00. Mary is a true professional in her field with 13 years of experience in the hearing industry. If you have any questions about your hearing, would like your existing hearing aids checked or would like a screening, please stop in to see her. ***THERE WILL BE NO HEARING CLINIC IN JULY***  
Call 781-249-5330 to make an in home appointment.

### **♪♪ EVENING DANCE & PIZZA PARTY – WITH PETE SARAN ♪♪**

The next Pizza party/Dance will be held on Thursday, July 20<sup>th</sup> at 5:30. We will be serving 2 slices of pizza, salad, and soda. Serving will begin at 5:30 followed by dancing to the music of Pete Saran. Bring some friends! It's lots of fun. Obtain your ticket in the back office in advance. Due to the fact that the cost of pizza has gone up, and we are being charged more for each pizza, we will now be charging \$10.00 a ticket. .

**(ATTENTION: Please call and sign up in advance, if you plan on coming, so that we are able to order pizza accordingly).**

### **VETERANS' COFFEE HOUR**

Join Tom Moran, Veteran Liaison with Compassionate Care Hospice to have coffee and to converse about years in the service. Tom was in the Army branch and was in The National Guard for 13 1/2 years. All are welcome. The group meets every fourth Wednesday from 1:00-2:00. The next meeting will be Wednesday, July 26<sup>th</sup>.

### **TRIAD**

PHOTO ID – Save The Date. On Monday, September 11, from 9-11:00 a.m., Triad, along with the Essex County Sheriff's Office, will be doing free photo identifications. Please bring a form of identification with you.

### **TRIAD SCAM ALERT**

Beware of Phishing: phishing seeks to obtain usernames, passwords, bank and other financial accounts, and credit card details for malicious reasons. Phishers pretend to be trustworthy via electronic email and text messages. Older and vulnerable adults can be subject to fraud and financial abuse. Phishers include links in

their email to lure you to fake sites in order to steal your log in credentials or to infect your computer with a virus. Phishers may also ask you to respond to an email with sensitive personal identification information that would allow them access to bank or other financial accounts. Before you click on a link or respond to an email check to make sure you are familiar with the company or sender's name. If not, delete the email or text.

### **BOUTIQUE**

The boutique is in need of greeting cards, especially "Get Well" and "Sympathy". All titles are needed except Christmas & Birthday. We appreciate your continued support.

### **GLSS Continues Its Commitment to Creating a "Dementia Friendly" Community in Saugus**

### **BOOKS AND DVD'S ABOUT CAREGIVING, ALZHEIMER'S DISEASE AND RELATED DEMENTIAS -**

The books and DVDs about caregiving, Alzheimer's disease, and related dementias are available at the Senior Center. Anyone interested in borrowing a book or DVD can sign it out in the back office.

**CAREGIVER'S SUPPOST GROUP** *Meet the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the Month at 12:30 Here at the Saugus Senior Center.*

### **7 TIPS FOR AVOIDING ELDERLY HEAT STROKE & EXHAUSTION**

Here are some guidelines for keeping safe in hot weather:

- **Drink Plenty of Liquid**
- **Wear Appropriate Clothes** – Light-colored, lightweight, loose fitting clothes and wide brimmed hat.
- **Stay Indoors During Mid-day Hours**
- **Take it Easy** – Avoid exercise and strenuous activity, particularly outdoors, when it's very hot.
- **Watch the Heat Index**
- **Seek Air-conditioned Environments** – Senior Center, Mall, Library, air conditioned public places. Seniors without convenient access to any air-conditioned place might consider a cool bath or shower.
- **Know the Warning Signs of Heat-related Illness** –Dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problem are all warning signs – Get help immediately.

### **MEDICAL EQUIPMENT LOAN PROGRAM**

For seniors in need of a walker, wheelchair, shower chair, transfer bench, commode, canes, etc., our Senior Center can provide the item on loan at no charge, BASED ON AVAILABILITY. Please call the Senior Center at 781-231-4180 to check on availability.

### **VETERAN SERVICES**

Veterans and Veteran Family Members you may be eligible for financial assistance!

Chapter 115 is a town program that provides a financial and medical assistance for fixed income veterans, spouses, and widows. Qualifying veterans and their dependents receive financial assistance for food, shelter, clothing, fuel, and medical care. If your income is below or near \$ 1945 for 1 person and \$2621 for two people please contact the Veteran Services office immediately.

We are open:

**M-W 9-4 & F 9-12:30**

Douglas LeShane  
Veteran Services Officer  
Town of Saugus 781-231-4010

### **Veteran Mobile Food Market**

**JULY 19<sup>TH</sup>**

### **AT THE SAUGUS SENIOR CENTER**

The purpose of this program is to provide nutritional supplements to our veteran community. The program is specially designed for veterans and their family members only. This market will take place on the third Wednesday of every month. Interested Saugus veterans can sign up for the Veterans Mobile Food Market by calling Douglas LeShane at 781-231-4010.

**Date:** Wednesday, July 19, 2017

**Place:** Saugus Senior Center

**Time:** 11:00 p.m. – 12:30 p.m.

Each delivery contains nearly 20 pounds of fresh produce and food goods. There are no boxed items and all food is sourced locally and from local restaurants. If you have any questions, please call our office.

### **SEAMSTRESS**

Seamstress, Diane Maruzzi, will be here at the Center on Wednesdays from 10:00-11:00 to perform alterations. Any questions, you may call Diane at 781-233-4654.

### **LINE DANCE CLASSES**

Line Dancing with Cindy - Mondays 10:00 – 11:00

Line Dancing with Kris – Thursday, 10:00-11:00

Line Dancing with Charlotte – Friday, 10:00 – 11:00

### **MARY MCKENZIE, RN, EdM, MS, PUBLIC HEALTH NURSE HERE AT THE SAUGUS SENIOR CENTER -**

Mary will be in the nurse's office every Thursday to answer any questions you may have. She will perform blood pressure screenings every third Thursday from 9:00-11:00.

### **BLOOD PRESSURE**

1<sup>st</sup> Tuesday of the month July 4th @ 9:30 CENTER CLOSED

3<sup>rd</sup> Thursday of the month July 20th @ 9:00

4<sup>th</sup> Monday of the Month July 24th @ 9:00

## **TRANSPORTATION**

The Saugus Senior Center offers rides for Saugus residents that are Senior Citizens to come to the center for lunch Monday through Friday. **\$1.00 round trip**

We also offer trips to Stop and Shop or to the mall on **Thursday mornings only. \$3.00 round trip**

Medical rides to Saugus, Lynn, Lynnfield Salem, Stoneham, Melrose and Peabody. **\$4.00 each way**

For appointments and details call Mary at 781-231-4179

## **FRIENDS OF THE SAUGUS SENIOR CENTER**

### **GE MATCHING GIFT PROGRAM**

The Friends of the Saugus Senior Center have been accepted by the GE Matching Gift program. Your gift of \$25 or more may be matched dollar for dollar!

This program is for current GE employees, and retirees of the GE. We encourage GE people to help us out. Your donation is tax deductible.

Eligible donors should make their checks payable to: Friends of the Saugus Senior Center and mark it "Eligible for GE Foundation Match" under memo. Send to: Friends of the Saugus Senior Center, 466 Central Street, Saugus, MA 01906.

Report your contribution to: The GE Foundation Matching Gift Center at 1-800-305-0669. When you call you will need to have the following information ready. Your SSO number, zip code of the Senior Center 01906, the amount of your gift, the date of your gift.

### **New at the Saugus Senior Center – Stock Transfers**

**Other than cash donations, we are setup to accept stock transfer donations.**

**VISIT OUR WEBSITE AT [www.SaugusSeniorCenter.org](http://www.SaugusSeniorCenter.org) and [www.SaugusSC.org](http://www.SaugusSC.org)**

## **TREE OF LIFE**

A good way to support the Senior Center is to buy a leaf on the Tree of Life. Donations of \$250.00 or more to the Saugus Senior Center will provide a beautifully scripted leaf on the Tree of Life, showing the name of the person that makes the donation or if in memory, the name of the person that is being memorialized.

## **TRIPS TRIPS TRIPS**

### **JULY:**

7/7	FOXWOODS	<b>\$28.00</b>
7/11	NEWPORT PLAYHOUSE Lobster Fest/Play, Caberet	<b>\$99.00</b>
7/20	CHANGES IN LATITUDES Tribute to Jimmy Buffet	

<b>AUGUST:</b>	White's of Westport			<b>\$85.00</b>
8/3	TRIBUTE TO THE LEGENDS OF THE 60s Don Who/Comedian Glen Anthony White's of Westport			<b>\$79.00</b>
8/4	FOXWOODS			<b>\$28.00</b>
8/15	CAPTAIN JACK'S LOBSTER LUNCHEON LIGHTHOUSE CRUISE Lobster Bake/Rhode Island Bay Cruises			<b>\$99.00</b>
8/24	MOTOR CITY FEVER Celebration of Motown Venus de Milo			<b>\$85.00</b>
<b>SEPTEMBER:</b>				
9/8	MOHEGAN			<b>\$28.00</b>
9/12-14	CAPE MAY/ATLANTIC CITY    2 Nights/\$25 slot, \$60 meal credit    Show, luncheon			<b>\$329.00</b>
9/21	MILLION DOLLAR QUARTET Concert/Venus de Milo			<b>\$89.00</b>
<b>OCTOBER :</b>				
10/6	FOXWOODS			<b>\$28.00</b>
10/14	FALL FOLIAGE TRAIN RIDE Common Mann Inn Buffet			<b>\$99.00</b>
<b>NOVEMBER:</b>				
11/3	FOXWOODS			<b>\$28.00</b>
11/7-9	TURNINGSTONE RESORT \$65.00 coin play, 2 Breakfast buffets      \$15.00 food coupon			<b>\$289.00</b>
11/14-16	INDIAN HEAD 5 Meals/3 Shows/2 Cocktail Rec.			<b>\$349.00</b>
<b>DECEMBER:</b>				

<b>12/1-3</b>	<b>PENN DUTCH/The Miracle of Christmas 2 Nights/4 Meals/Ticket to Miracle of Christmas/White Christmast</b>	<b>\$439.00</b>
<b>12/8</b>	<b>FOXWOODS</b>	<b>\$28.00</b>
<b>12/5</b>	<b>MICHAEL BUBLE TRIBUTE Danversport</b>	<b>\$69.00</b>