



Senior News

Swarthmore Senior Citizens Association, Post Office Box 306, Swarthmore, PA 19081

A New Day

November

December

2019



Dew Drop Inn, by Bill Menke.

For many years we have been blessed with a place of our own, the Dew Drop Inn on South Chester Road. Small in stature, it has played a larger-than-life role in our community of seniors. There were bridge games and other games throughout the week, opera-watching parties on weekends, and always a place where one could go to "hang out" with friends.

The Dew Drop was lovingly cared for by its founders and those who came after. We are forever indebted to those who made it their commitment to be there every day to welcome all

who stopped by. The dedicated leadership of the Association saw to it that our place in the community was well established. As we close this chapter in our history and open a new one, we honor the place and the people behind its success.

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Fynion Stables



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Events

Lunchtime Programs

Entertaining, interesting, and informative programs for adults of all ages every Wednesday at noon, with the program starting at 12:30. Bring your lunch and we'll provide beverages and dessert. A light lunch is provided on the first Wednesday of each month. On the third Wednesday each month you may purchase pizza-by-the-slice for \$1. All lunchtime programs are at The Gathering Place, Swarthmore United Methodist Church, 129 Park Avenue.

- 11/6 Judy King, Director of St. Katharine Drexel Food Pantry and Clothing Cupboard will tell us all about this outreach ministry in Chester. The Pantry and Cupboard are a resource of comfort and hope for those individuals and families in need.
- 11/13 Veteran's Day Program: Veterans are very special people and a host of programs is available to assist veterans. We will hear an update on existing programs and hear about new programs for vets.
- 11/20 Michelle Grunseich is a Wallingford native and Haven alumni who attended Bucknell. She went on to Princeton Seminary to become a Presbyterian minister. She suffered a stroke and has spent the past year recovering. Her humor, grace and resilience are inspiring. Come hear Michelle as she shares her journey.
- 11/27 Thanksgiving No program
- 12/4 Kathleen Peterson and Michele Hall join us to remind us of what we need to have on hand as tax time rolls around. Representing AARP's Tax Aid Program, they will tell us about available assistance to seniors and others.

12/11 The Great Cookie Contest Do you think your holiday cookie is the best? Bake a batch and bring it to the Gathering Place. Make your cookies small so all the taste-testers can try them! Bring your recipe if you are willing to share it. If you don't want to bake, we need tasters! Everyone will get to taste the cookies and vote for the best!

12/18 We have invited the Silvertones of Strath Haven High School to perform holiday favorites. This superb *a capella* group, under the leadership of John Shankweiler, has toured through Europe and sings regularly in our community.

Note: Sometimes our programs change after this newsletter is published. Please check our website and the *Swarthmorean* for the most up-to-date information on programs.

Games

Bridge

Experienced and new bridge players are welcomed! Come and learn how to play, or build your skills while meeting your neighbors. Tuesday's bridge group includes an instructor.

Every Monday at 1:00 p.m.

Every Tuesday at 9:30 a.m. and at 10:00 a.m.

Every Thursday at 10:00 a.m.

Board Games

Come and play board games such as chess, Mahjong, checkers, and Scrabble with your neighbors.

Every Friday at 10:00 a.m.

Canasta

Experienced and new canasta players are welcomed! Come and learn how to play, or build your skills and meet your neighbors.

Every Friday at 10:30 a.m.

All games are at The Gathering Place, Swarthmore United Methodist Church, 129 Park Avenue.

SwarthmoreSeniors.com

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	4 1:00—3:00 Bridge 1:30—3:00 Crafts	5 9:30 Bridge	6 11:00 Board Mtg Noon GP: Chester Food Pan- try: Bring food!	7 10:00 Bridge	8 10:00 to 1:00 Board games 10:30 Canasta	9
10	11 1:00—3:00 Bridge 1:30—3:00 Crafts	13 9:30 Bridge	13 Noon GP: Veterans programs	14 Veterans Trip 10:00 Bridge	15 No DDI activities today: Moving Day 2:00 Friends at 129	16
17	18 1:00—3:00 Bridge 1:30—3:00 Crafts	19 9:30 Bridge	20 Noon GP: Michelle Grunseich	21 10:00 Bridge	22 10:00 to 1:00 Board games 10:30 Canasta 2:00 Co-op Friends	23 9:30 to 1:30 Table at Farmers Market
24	25 1:00—3:00 Bridge 1:30—3:00 Crafts	26 9:30 Bridge	27 No program	28 Thanksgiving No programs	29 10:00 to 1:00 Board games 10:30 Canasta 2:00 Co-op Friends	30
<h2>December 2019</h2>						
			knowing something		2:00 Co-op Friends	""

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 1:00—3:00 Bridge 1:30—3:00 Crafts	3 9:30 Bridge	4 11:00 Board Mtg Noon GP: Be Pre- pared for Taxes	5 10:00 Bridge	6 10:00 to 1:00 Board games 10:30 Canasta 2:00 Co-op Friends	7 Home for the Holidays Gathering Place Grand Opening!
8	9 1:00—3:00 Bridge 1:30—3:00 Crafts	10 9:30 Bridge	11 Noon GP: Cookie Contest!	12 Peddlers Village Trip 10:00 Bridge	13 10:00 to 1:00 Board games 10:30 Canasta 2:00 Co-op Friends	14
15	16 1:00—3:00 Bridge 1:30—3:00 Crafts	17 9:30 Bridge	18 Noon GP: Silvertones	19 10:00 Bridge	20 10:00 to 1:00 Board games 10:30 Canasta 2:00 Co-op Friends	21
22	23 1:00—3:00 Bridge 1:30—3:00 Crafts	24 No program	25 No program	26 10:00 Bridge	27 10:00 to 1:00 Board games 10:30 Canasta 2:00 Co-op Friends	28
29	30 1:00—3:00 Bridge 1:30—3:00 Crafts	31 9:30 Bridge				

Crafts

Bring your needlework or other crafts to work alongside others, every Monday at 1:30 p.m.

All crafts are at The Gathering Place, Swarthmore United Methodist Church, 129 Park Avenue.

SSCA Travels

SSCA Travels offers a series of day trips to nearby places of interest. It is an opportunity to experience those places with friends and make new friends as we travel. The Swarthmore Presbyterian Church generously provides their bus and volunteer drivers for these trips, which occur monthly. Unless otherwise noted, each trip includes transportation, entry fee, and lunch. We ask for a \$10 reservation fee, which is non-refundable. Departure times will vary and are posted on the website.

Thursday, November 14, to Newtown Square to the Veterans Memorial, with lunch in Newtown Square, and then to the Veterans Museum in Media.

Thursday, December 12, Peddler's Village near New Hope, with lunch there.

Trips in 2020 will include a January trip to tour Lincoln Financial Field; February to the National Constitution Center; March, a cooking (or other) experience; April to Winterthur. Exact dates and itineraries are yet to be established.

Registration is required. Sign up at <https://swarthmoreseniors.com/sign-up>

All trips depart from The Gathering Place, Swarthmore United Methodist Church, 129 Park Avenue.

Friday Friends

We get together every Friday at 2:00 at the Swarthmore Co-op, 341 Dartmouth Avenue, for a beverage and conversation. No program, no agenda. See friends and make some new ones. Once in a while (and with plenty of notice) we will decamp to the Broad Table Tavern for adult beverages,

Senior Wellness Fair is Coming

The 2020 Senior Wellness Fair is coming right up, and the planning for it is well under way. Put **Saturday, March 28, 2020**, on your calendar now, because you won't want to miss this, the third annual Wellness Fair!

The theme is **Benefits and Challenges**, covering the many advantages of being older, while recognizing and helping us deal with some of the challenges that also accompany this stage of life. Our keynote speaker will be Joanne Grossi, AARP Pennsylvania State President, who will speak to us about AARP's main legislative issues and their current Rx campaign. Also planned are sessions on physical fitness with opportunities to try out yoga, meditation, and light exercise routines. Break-out sessions for women and for men will be held to facilitate frank discussions about our unique physical and mental health and spiritual health issues. We will have a session when all of us can discuss what we need to do to get more—and better—senior housing in our area.

Celebrate the Grand Opening of The Gathering Place

SSCA invites you to help us celebrate the move of all our activities to The Gathering Place, at the Swarthmore United Methodist Church
129 Park Avenue.

Saturday, December 7, 2019
2:00 to 6:00 p.m.*

Refreshments and special activities
for all ages to enjoy.

Check notices and our website as the date approaches since we may expand the hours of our celebration.

News

A Report from the Board

The Board of Directors of the Association meets monthly on the first Wednesday at 11:00 a.m. at the Methodist Church. These meetings are open to the public and all are invited to attend.

A successful negotiation with the Swarthmore United Methodist Church has resulted in a lease for all of our indoor activities for the foreseeable future. We believe this agreement to be beneficial to both organizations and to our community at large. In the short term the Board is working on plans to celebrate this new arrangement, while looking to the longer term by developing new programs to take advantage of our new situation. All ideas are welcome as we create a space where all kinds of activities can occur throughout the week. The Board has decided to call our entire operation The Gathering Place. An architect has been contracted to help us design our spaces for lighting and other improvements.

The Association has submitted its request for funding to the Borough Council and we believe that our application has been well received. Our request is for the same amount as we were awarded last year. The Councilmembers seemed impressed with all that we were able to accomplish in the last year, and also appeared to be interested in seeing some of our current projects go forward, such as the Swarthmore Walks and Trails project. They were quick to agree that so much of what SSCA does is helpful to the entire community, not just seniors.

The Board is looking for a leader for SSCA Travels, our monthly day trips to museums, parks, and other attractions. If you know someone who might be good at this (or who might want to share the job with someone else) please contact SwarthmoreSeniors@gmail.com. Other leadership opportunities exist, so don't hesitate to step up and let us know who you are! Like the leadership of SSCA Travels, maybe you don't have to take it on all by yourself. Two or three people could take on the leadership of any number of our programs, or start a new one!

Directors and Officers of the Association

Sheila Bell, Secretary

Louise Coffin, Vice President, Communications Chair

Nancy Daniel, Director, Development Chair

Bill Davis, Aging-in-Place Chair

Sue Dawes, Director, Intergenerational Chair

Ann Foster, Membership Chair

Maria Mooney, Director

Judie Neale, Director

Linton Stables, President

Gudrun Weinberg, Treasurer

Alice "Putty" Willetts, President Emerita

Advisory Council

Doug Bender

Peter Bloom

Eck Gerner

Gudmund Iversen

Christine Polito

G. Guy Smith

Ann Torregrossa

Other Things to Do

Swarthmore College events are often open to the public and are always free. www.swarthmore.edu

Swarthmore Town Center presents First Fridays on the first Friday of each month, Home for the Holidays is Saturday, December 7 www.swarthmoretowncenter.com

Community Arts Center features local arts and crafts. Check for the schedule of events at communityartscenter.org

The **Schoolhouse Center** has a full range of activities geared toward seniors. www.scsdelco.org/centers/schoolhouse.shtml

The Swarthmore Borough Directory of Community Organizations is a good starting point for getting involved! Go to:

<http://www.swarthmorepa.org/BusinessDirectoryii.aspx>

Community Events

Makers Market is on Sunday, November 3, 11:00 a.m. to 3:00 p.m., where local arts and crafts are featured and sold. Park Avenue and South Chester Road.

Holiday Tree Lighting and Carol Sing is on Saturday, November 30, at 6:00 p.m. at Swarthmore United Methodist Church, 129 Park Avenue

Home for the Holidays is on Saturday, December 7, all over downtown.

Swarthmore Public Library Programs

Mystery Mondays every Monday 3:00 to 5:00 pm

Get your Mystery Fix! Join us every Monday from 3-5pm in the Council Room to watch British and International mystery TV series. Watch your favorite detectives in action and discover new ones!

Talk Till the Minutes Run Out

A Book Talk with Benedicte Grima

Wednesday, November 20 at 7:00pm

Benedicte Grima has deep roots in both US and Middle East Culture. She grew up internationally, studied four Middle Eastern languages, became proficient in Farsi and Pashto, and conducted over twenty years of field-work throughout Iran, Afghanistan, and Pakistan -- some as a Fulbright Scholar -- as well as among refugees and exiles from there in the US as a language and culture interpreter. Her novel gives readers new insight on what it's like to be a Muslim immigrant living in the United States.

T'ai Chi Chih With Susan Corey

an eight week series Mondays at 4:00 pm in October and November

T'ai Chi Chih is a moving meditation consisting of nineteen non-strenuous, easily learned movements taught over an 8-week session. These natural and gentle movements are done slowly, smoothly, and softly; the focus is on developing intrinsic energy and wellness.

Rather than emphasizing martial arts principles, T'ai Chi Chih concentrates on focusing, balancing, and circulating the chi, i.e. energy. This practice does not require fitness or coordination and can be done by young adults and retirees alike.

Class size is limited. Please register for the full series only on the attend page of our website.

Writer's Workshop

Tuesday, November 19 at 10:00 am

Join us for a supportive, informal writers' group at the Library with times for writing, sharing, and offering feedback.

Open Paint & Doodle

Wednesday, November 20 at 2:00 pm

Join us for a free, open painting session with watercolors and water-based art markers. All materials provided. No experience needed! Please register.

The Celtic World

Thursdays October 24 through December 19, from 10:00am to noon

A History of European Art is your gateway to this visually stunning story. In 48 beautifully illustrated lectures, encounter all the landmarks you would expect to find in a comprehensive survey of Western art since the Middle Ages. Works such as Giotto's Arena Chapel, Van Eyck's Ghent Altarpiece, Leonardo's The Last Supper, Michelangelo's David, Vermeer's View of Delft, Van Gogh's The Starry Night, Picasso's Guernica, and hundreds more.

Italian Conversation on first and third Fridays at noon.

Spanish Conversation on second Fridays at 2:00 p.m.

French Conversation on third Fridays at 2:00 pm.

In Stitches: Yarn & Needle Work on Thursday, November, 14 at 10:00 am

Do you knit, crochet or do needle-work? No matter your skill level, you can join our monthly In Stitches club to learn and share tips and ideas while enjoying lively conversations with fellow crafters. Some supplies will be available for newcomers.

Resources

Seniors Helping Each Other

Caring

Contact Maria Mooney at jmooney562@verizon.net if you are interested in helping out by Caring for others in our community.

Community

If your interest is in building Community, contact Linton Stables at LStables52@gmail.com

Advocacy

If you want to be involved in Advocacy, contact Bill Davis at wmndavis@gmail.com.

A Community Comes Together

The Board of Directors received this note from a member, and we could not keep it to ourselves, mainly because it was our entire community that she commends.

Dear Seniors and others helping seniors,

Several weeks ago, after my apartment ceiling fell into my living room due to a burst water pipe, the Swarthmore Senior Citizens Association came quickly to my rescue with financial assistance for food, and with calls and personal visits for support, advice, and referrals.

The Co-op was so generous and welcoming, with friendly, helpful staff making me comfortable at the café. I even made some new friends there!

The Inn at Swarthmore, where I stayed for a week before moving to the Hampton Inn in Media, has a wonderfully supportive staff. Paulson's did a fantastic job of cleaning my carpets.

It was the Swarthmore community and SSCA that stepped up and made sure I was not alone in this crisis. They reduced my isolation and helped me feel connected through it all. That's what a small town does!

Thanks to all, and my apologies to anyone I have failed to recognize.

Barbara Bernhardt

Senior Hotline: 484-580-1234

The Senior Care Line is available to anyone, not just Main Line Health members, and serves as a resource for seniors, their families, and caregivers to answer questions, address concerns, and provide guidance in making health care decisions. The 24-hour phone number is 484-580-1234 and the email address is MLHseniors@MLHS.org.

Think About TimeBank

Make your wishes come true.....or, at least get that leaky faucet fixed!

Need help around your home?

Looking to learn a new hobby?

How about a ride to the doctor or store?

Would you like someone to join you for a social occasion (attend a concert or lecture, go for a walk, chat, play a card game)?

Here's where you can make any wishes/requests known: SSCA is a member of the Nether-Swarthmore TimeBank and SSCA members can take advantage of TimeBank members' talents to fill their wishes/requests. If you can think of it, there's probably someone among our 175 members who is willing to help you with it.

Without having to join individually, SSCA members can make up to three requests. SSCA has time credits that will act as "payment" for the requests. The credits are there just waiting to be used, so take advantage of them!

If you find the TimeBank helpful and want to continue making requests, you can join as an individual member. There is no fee. The only obligation is to be on the lookout for requests from other members that you are able to do (which earns you time credits).

For more information contact Stephanie McDonough at NSTimeBank@gmail.com.

If you're curious, the TimeBank's website has a lot more information: **Nether-Swarthmore.Timebanks.org**.

Thank you
to
Alice "Putty" Willets,
Irma Zimmer, and all the
dedicated leaders who established
the Swarthmore Senior Citizens
Association and then created the
Dew Drop Inn, a home for our
community for 13 years. While we're
sad to leave, we move on in the
same spirit of adventure that you
showed us.

Need more information?

Do you want to know how to get involved, or where
the next meeting is, or who is in charge of the food?
Here's a directory of people you can contact.

The Gathering Place

Linton Stables 610-544-3876 LStables52@gmail.com

Crafts

Sue Lawson snlawson48@gmail.com

Receiving or giving a visit!

Maria Mooney jmooney562@verizon.net

Aging-in-Place

Bill Davis 610-529-0399 wmdavis@gmail.com

Program ideas and suggestions

Linton Stables 610-544-3876 LStables52@gmail.com

Someone's in the hospital or stuck at home?

Maria Mooney jmooney562@verizon.net

or Barbara Bernhardt bdb714@aol.com

Women in financial need?

Stephanie McDonough samcd112@comcast.net



Swarthmore Senior Citizens Association

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