



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

Once, Our Anthem

Come gather 'round people
Wherever you roam
And admit that the waters
Around you have grown
And accept it that soon
You'll be drenched to the bone.
If your time to you
Is worth savin'
Then you better start swimmin'
Or you'll sink like a stone
For the times they are a-changin'.

Come senators, congressmen
Please heed the call
Don't stand in the doorway
Don't block up the hall
For he that gets hurt
Will be he who has stalled
There's a battle outside
And it is ragin'.
It'll soon shake your windows
And rattle your walls
For the times they are a-changin'.

Come mothers and fathers
Throughout the land
And don't criticize
What you can't understand
Your sons and your daughters
Are beyond your command
Your old road is
Rapidly agin'.
Please get out of the new one
If you can't lend your hand
For the times they are a-changin'.

Bob Dylan

Are we still believers in change, or are we blocking up the hall?
It seems like a constant vigil, as one grows older, to keep up with things,
or at least have the sense to get out of the way. But what we may
really be called to do is to "lend a hand."

Justin Stables

September

October

2018



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Events

Dew Drop Inn

7A South Chester Road,
Swarthmore

Bridge on Mondays, Tuesdays, and Thursdays from 10:00 a.m. to 1:00 p.m.

Crafts on Mondays from 1:30 to 2:30 p.m. Making polymer clay jewelry, knitting, needlepointing and any other craft projects people are working on or want to share with others. Very casual.

Games such as chess, MahJong, checkers, and Scrabble on Fridays from 10:00 a.m. to 1:00 p.m.

SwarthmoreSeniors.com

Art of Relationships

Swarthmore Presbyterian Church
727 Harvard Avenue, Swarthmore

Wednesday evening series of talks and discussions on The Art of Relationships, led by psychologist Dr. Julie Mayer. Topics will include "The Art of Being a Grandparent/Aunt/Uncle," "The Art of Parent/Adult Child Relationships," "The Art of Being a Friend," and "The Art of Being a Leader and a Follower." *See further description on Page 5.*

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.

Gathering Place

United Methodist Church
129 Park Avenue, Swarthmore

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. Or make a small donation and have a cup of soup and some bread. A light lunch is provided on the first Wednesday of each month.

Program Notes

9/12 School Days Memories

As the kids go back to school, we'll remember our own school days. Bring a school photo, yearbook, or memento to share. Wear your alma mater's shirt or colors to show your pride. Let's see who went to school closest to Swarthmore and who went to school the farthest. Lunch is included.

There will be no Gathering Place on September 19 as we honor Rosh Hashanah and Yom Kippur.

9/26 Lifelong Learning

Learning should never end. Come learn about two local program that offers opportunity for lifelong learning. Marian B. Eberly from the Osher Lifelong Learning Institute at Widener University

and Peg Christensen of Wallingford Swarthmore Community Classes will be our speakers.

10/3 Lifelong Teaching

Teaching goes hand in hand with learning. Grant Grissom, a Board member of Chester Children's Chorus, and Patrick Lewis of the Delaware County Literacy Council will speak about how we can share our time and talents by teaching others. Lunch is included.

10/10 Fall is in the air!

James Verdi of Houseplant Hospital will help us transition our gardens to the new season. He'll cover what we can still grow and how to prepare our gardens for winter.

10/17 Food as Medicine
Sponsored by Plush Mills Senior Living, Carol Sweeney, dietitian and nutritionist, will guide us in how to use chose food to improve our health.

10/24 Soup Sample and Recipe Exchange

Bring your crockpot filled with your favorite soup. Sample soups from other members. Don't forget copies of your recipes to share with everyone!

10/31 Theater Shorts

Short drama readings by several of our members. If not witty, at least they'll be brief!

September 2018

Sun Mon Tue Wed Thu Fri Sat

	3	4	5 2:00 Summer Gathering at Hobbs	6 10:00 to noon DDI bridge	7 10:00 to 1:00 DDI board games	8
9	10 10:00 DDI bridge 1:00 to 2:30 DDI crafts	11 10:00 to noon DDI bridge	12 11:00 Board Mtg Noon GP: School Days Memories	13 10:00 to noon DDI bridge	14 10:00 to 1:00 DDI board games	15
16	17 10:00 DDI bridge 1:00 to 2:30 DDI crafts	18 10:00 to noon DDI bridge	19 No programs	20 10:00 to noon DDI bridge	21 10:00 to 1:00 DDI board games	22 10:00 to 5:00 CAC Fine Arts and Crafts Fair
23 12:30 to 5:00 House and Garden Tour 30	24 10:00 DDI bridge 1:00 to 2:30 DDI crafts	25 10:00 to noon DDI bridge	26 Noon GP: Lifelong Learning	27 10:00 to noon DDI bridge	28 10:00 to 1:00 DDI board games	29

October 2018

Sun Mon Tue Wed Thu Fri Sat

	1 10:00 DDI bridge 1:00 to 2:30 DDI crafts	2 10:00 to noon DDI bridge 2:00 SPL Flu shots	3 11:00 Board Mtg Noon GP: Lifelong Teaching	4 10:00 to noon DDI bridge	5 10:00 to 1:00 DDI board games	6
7	8 10:00 DDI bridge 1:00 to 2:30 DDI crafts	9 10:00 to noon DDI bridge	10 Noon GP: Fall is in the Air! 7:30 Art of Relations	11 10:00 to noon DDI bridge	12 10:00 to 1:00 DDI board games	13
14	15 10:00 DDI bridge 1:00 to 2:30 DDI crafts	16 10:00 to noon DDI bridge	17 Noon GP: Food as Medicine	18 10:00 to noon DDI bridge	19 10:00 to 1:00 DDI board games	20
21 TimeBank Commu- nity Potluck Dinner	22 DDI Closed	23 10:00 to noon DDI bridge	24 Noon GP: Soup Sampler. 7:30 Art of Relations	25 10:00 to noon DDI bridge	26 10:00 to 1:00 DDI board games	27
28 7:00 to 8:30 Silent Film: Hunchback.	29	30	31 Noon GP: Theater Shorts			

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!

Philosophy Forum on Tuesdays at 10:00 am

The Forum reads from introductory and classic philosophy texts and meets monthly to discuss the readings. All are welcome to join the group at any time.

Film Discussion Group [Inquire for Title] on Tuesday, September 11 at 2:00 pm

The one-liners fly as fast as political fortunes fall in this uproarious, wickedly irreverent satire from Armando Iannucci. *Moscow, 1953*: when tyrannical dictator Joseph Stalin drops dead, his parasitic cronies square off in a frantic power struggle to be the next Soviet leader. Rated R 107 minutes.

Spanish Conversation on Friday, September 14 at 2:00 (and second Fridays)

Allison Moore facilitates a lively conversation for beginning and intermediate Spanish speakers each month.

French Conversation on Friday, September 21 at 2:00 (and third Fridays)

A friendly group of proficient French speakers meets each month to talk about art, literature, history, or current events. Come dust off your French! Facilitated by Lucy Saxon.

In Stitches: Yarn & Needle Work on Thursday, September 13 and Tuesday, September 25 at 10:00 am

Do you knit, crochet or do needlework? 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.

English Conversation with Mimi Neno, MATESL on September 28 at 2:00 pm, Continues every 4th Friday

A friendly English conversation group facilitated by an accredited English as a Second Language Teacher.

Book Groups

Thursday, September 13 at 2:00 pm OR

Tuesday, September 18 at 2:00 pm

A community of readers discusses a monthly read. Inquire in the library or at 610-543-0436.

CIVICS LAB AT THE LIBRARY

All programs are free and open to the public. To register please call 610-543-0436, email swarthmore@delcolibraries.org, or visit our website.

Constitution Day Speaker at Swarthmore College

Stephen Skowrone, Institution for Social & Policy Studies, Yale University

Monday, September 24, 2018, 7:00 to 10:00 pm, in Science Center Room 101, at Swarthmore College

"Has American Democracy Outstripped its Institutional Accommodations? The Adaptability Paradox in American Constitutional Development"

National Voter Registration Day

Tuesday, September 25, 2:00 to 4:00 pm

Swarthmore Public Library will register you to vote. Visit the Library and we will help complete and submit your registration. We will be registering voters at locations throughout the community this week.

Speed Repping

Tuesday, September 25, 2018 at 3:00 to 4:30pm

Meet Borough and County elected officials face to face for three minutes to discuss an issue important to you! Location: Borough Hall Council Chambers.

Fake News Quizzo

Wednesday, September 26 at 7:00 to 8:00 pm

Play Quizzo for Democracy with refreshments. Location: Borough Hall Council Chambers.

Crack the Constitution (Actually Read It)

Friday, September 28 at 3:00 to 4:00 pm

Professor Carol Nackenoff of Swarthmore College will

Still Looking for Something to Do?

The Swarthmore Borough website has a directory of every non-profit organization in the immediate vicinity of town. Looking for a place to meet people, volunteer, or learn something new? This directory is a good starting point

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for your search! Go to: <http://www.swarthmorepa.org/BusinessDirectoryii.aspx>

facilitate discussion of the language and clauses of the Constitution. An understanding of the Constitution can help support our political dialogues with real understanding of our binding document.

NORTH SEA GAS In Concert

Sharon J. Ford Concert & Lecture Series

Thursday, September 20 at 7:00 pm

All the way from Edinburgh, North Sea Gas have delighted folks for more than 37 years as one of Scotland's most popular folk bands with great vocals and tremendous three part harmonies. Guitars, Mandolin, Fiddle, Bouzouki, Harmonica, Whistles, Bodhrans, Banjo and good humor are all part of the entertainment.

Other Things to Do

The walks through the Borough continue on an informal basis, starting each Wednesday at 10:00 a.m. at the lobby of Borough Hall.

Wallingford-Swarthmore Community Classes gets under way this Fall with a large selection of classes.

www.wscclclasses.org

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

www.swarthmore.edu

Swarthmore Town Center presents Thursday Night Live on September 13 from 7:30 to 10:00, with SwUKEstra and Greg Brady performing.

www.swarthmoretowncenter.com

Community Arts Center is featuring local artists and craftspeople on Saturday, September 22nd at their annual Fine Arts and Crafts Festival from 10:00 a.m. to 5:00 p.m. on Park Avenue. The CAC also has Friday Night Live events with music. It's BYOB and BAYF (Bring All Your Friends). Check for the schedule of events at

communityartscenter.org

The **Swarthmore Historical Society** presents its biennial tour of homes on Sunday, September 23, from 12:30 to 5:00 pm. A theme this year is homes that have been designed for residents to "age in place." Advance tickets are available from local merchants.

swarthmorehistoricalsociety.org

The **Schoolhouse Center** has a full range of activities geared toward seniors.

www.scsdelco.org/centers/schoolhouse.shtml

The Art of Relationships

This series, co-sponsored by Swarthmore Senior Citizens Association and the Swarthmore Presbyterian Church, is designed to appeal to all adults, especially those whose lives are changing because their children are grown, they are nearing retirement or are recently retired, and any who find themselves in a period of change. At these times in life the value of our relationships seem to become more apparent, while also evolving into something new.

As we gain experience in life there may be pitfalls in relationships which have been a part of our lives for decades, and at the same time there are opportunities to improve and deepen those same connections. Our facilitator will help us explore the various relationships in which you may find yourself. The five sessions will include "The Art of Parent/Adult Child Relationships," "The Art of Being a Grandparent, Aunt, or Uncle," "The Art of Friendship," "The Art of Being a Spouse/ Partner," and "The Art(s) of Leadership and Being Led." We hope you will join us at 7:30 PM on Wednesdays, (October 10 and 24 and November 7, 14, and 28) in the Chapel at Swarthmore Presbyterian Church, 727 Harvard Avenue.

The Art of Parent/Adult Child Relationships

Once you were a child, and now you're an adult. The same may be true of your own children. How does that change your relationship? How do you change to meet the new circumstances. How can you be the best adult child, or parent to an adult child?

The Art of Being a Grandparent, Aunt, or Uncle

They're not your kids, but you have a vested interest, right? What's the best way to show that interest, and how do you go about developing the kind of relationship you want to have with your grandchildren, nieces, and nephews? And what about their parents?

Planning Ahead

Home for the Holidays will probably be an even bigger event this year, and Swarthmore Town Center is already asking for volunteers to make it the most successful one yet. You can help, and your time can be tailored to your abilities and your comfort level. Indoor jobs, short jobs, background jobs, out-in-front jobs: all kinds of opportunities are available. Contact Pat Francher at francher_pat@yahoo.com

News

TimeBank Community Potluck

The response to our new time bank has been overwhelming—so much so that we had to rename it to accommodate interest from nearby communities (which are really all part of our larger community anyway!) The new name is **Nether-Swarthmore TimeBank**, and it encompasses the general area covered by our school district. The TimeBank now has well over 100 members, surpassing its goal of reaching 100 by the end of summer.

A community-wide potluck dinner is planned for Sunday, October 21, at the Swarthmore United Methodist Church, 129 Park Avenue. This will be a time for people to come together to get to know each other, swap stories about their TimeBank experiences, and maybe even learn something new that TimeBank has to offer. All are invited; you need not be a member of TimeBank (yet) to attend!

Report from the Association Board

The Board of Directors is dedicated to promoting the health and welfare of seniors in our community. Vice President and Communications Chair Louise Coffin works to get the word out in the community about all that we are doing. Board member Bill Davis, and the Aging in Place Committee lead the Association's implementation of the recommendations of the Aging-in-Place Task Force. Each Board member has an area in which s/he takes the lead in getting the work done. And there's a lot of work to do!

The Board has approved plans for four new programs and the continuation and improvement of four others in the area of Aging-in-Place. This will require a slightly larger budget than last year's. The Board has applied for additional funding from the Borough for next year's programming. Next year will see the return of the successful Senior Wellness Fair, as well as the further development of the TimeBank. Our directory of Community Organizations is highly appreciated, though not widely known. In the coming year we will try to get the word out a little better. Likewise, we will continue to get the

word out about SSCA and all our activities, through our newsletter, website, and weekly e-newsletter.

The new programs are to work on the Swarthmore Walks and Trails and Senior Seminars and Events. The walks and trails project is aiming to have an app written for smartphones that will include all the trails in the Borough (there are 25 of them!) along with all the information one would need to take advantage of them. Seminars and events aims to help seniors find out what we all need to know as we grow older, such as healthcare options and housing options, and also provide opportunities for people to get out of the house.

The Board is considering establishing a Development Committee to help in finding and securing funding for a sustainable Senior Association. While the Board does not want to become a full-time fundraising machine, it recognizes that what we can achieve is limited only by our imaginations and the means to pay for it.

Finally, in addition to following new initiatives from the Planning and Zoning Committee of the Borough Council, the Association is going to study the issue of how residents can be assisted in paying for sidewalk improvements and maintenance. We will be looking at how other communities try to make those responsibilities more equitable.

Meanwhile, we are continuing to collaborate with other community groups to bring great programs to seniors and the rest of Swarthmore. The Library, the Methodist and Presbyterian churches, the Farmer's Market, and the TimeBank continue to partner with us to provide programs and other opportunities to seniors.

SwarthmoreSeniors.com

Let's go on a trip!

We are going to go to the gardens at Stoneleigh in Villanova, and also to the Grounds for Sculpture in Princeton, New Jersey. Both will include transportation and lunch and will be free. Contact LStables52@gmail if you are interested. Dates will be announced soon.

Resources

Get Your SEPTA Key Card

Soon you will need a Senior Key Card to ride SEPTA. You can apply by going to one of State Rep. Leanne Krueger -Braneky's offices: 701 E. MacDade Blvd. Folsom, or Brookhaven Borough Building, 2 Cambridge Road, Brookhaven. Check to make sure they're open.

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.

Get your flu shot! After consulting with your doctor, get your flu shot for this year from your doctor, your pharmacy, or at the Library on October 2. *See the calendar.*

Directors and Officers of the Association

Sheila Bell, Secretary

Peter Bloom, Director, Finance Chair

Louise Coffin, Vice President, Communications Chair

Bill Davis, Aging-in-Place Chair

Sue Dawes, Director, Intergenerational Chair

Gudmund Iversen, Director

Maria Mooney, Director

Judie Neale, Director

Linton Stables, President

Gudrun Weinberg, Treasurer

Alice "Putty" Willetts, President Emerita

Advisory Council

Doug Bender G. Guy Smith

Eck Gerner Ann Torregrossa

Christine Polito

A Note from our Founding President

Greetings,

I am writing this note because Linton invited me, knowing that I never stop thinking and dreaming about the Senior Citizen's Association. It is in my blood as it has been these many, many years. Please allow this old past president to take this opportunity to congratulate the Board for all they have accomplished and for all I know they will accomplish in the coming year. I am so very proud of all those who support and participate in the workings and activities of the Association. It has taken years of "blood, sweat, and tears" shed by many, many wonderful people to bring us this far, and I know that with good leadership there will be great things ahead.

I write to wish you ALL good health, happiness and prosperity. I believe that in this frightening world our association can and must bring a little joy and hope to those who need us. God Bless.

Affectionately,

Putty

Putty Willetts would love to talk to you. Call her at 610-543-7005.

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-Wide Event!

The whole family and the whole town is invited to a special event, the showing of the 1923 silent film “The Hunchback of Notre Dame” with live accompaniment by Swarthmore College’s Andrew Hauze, organist.

Sunday, October 28

7:30 p.m.

at Swarthmore United Methodist Church
129 Park Avenue.

Free.

The Movie: Starring Lon Chaney, this film adaptation of Victor Hugo’s classic was an instant hit when it was premiered at the Astor Theater in New York in September of 1923. 110 minutes,

The Organist: Andrew Hauze is a graduate of Swarthmore College and Curtis Institute of Music. At Swarthmore College he directs the College Orchestra and Wind Ensemble, teaches the Musicianship sequence linked with the music theory program, and teaches conducting and orchestration.

The Pipe Organ: Installed in 1961, the Casavant Freres instrument is one of the finest in the area.



Swarthmore Senior Citizens Association

P.O. Box 306, Swarthmore, PA 19081

Our mission is to promote the well-being of seniors, as well as others in the community, by providing a welcoming environment for social interaction, learning opportunities, and exploring resources through a variety of activities and programs.