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NEIGHBORS HELPING NEIGHBORS  
Marblehead • Nahant • Swampscott

NEWSLETTER (Part 2) – March 2024

Upcoming Events (Please Print)

**REMINDER: It is essential that all attendees register for Seaglass Village events in advance. In case of cancellation or venue change (due to inclement weather, for instance), we need to be able to contact you.** Some events have caps on attendance, so register early to reserve your space!

Email [info@seaglassvillage.org](mailto:info@seaglassvillage.org), or go to our website, [www.seaglassvillage.org](http://www.seaglassvillage.org), for more information and to sign up for events.

**Please note Seaglass Village Guest Policy:** If you would like to attend any event as a guest, you are welcome. We ask that non-members and guests call the Seaglass office and provide your name, email address, and telephone number; this will allow us to contact you if the venue changes. You may be asked to show your COVID vaccination card on arrival, to help us meet our commitment to our members that all Seaglass function attendees are vaccinated against COVID. Thank you in advance.

FEBRUARY

**February 22, Thursday, 10–11 am**  
**Table Talk: “Seedlings & Spring Gardens—Start Your Garden Now!”**

**First Church, 40 Monument Avenue, Clark Hall, Swampscott**

Let us help you get ready for spring! We will plant seedling flowers that you can nurture until planting time, then transplant these young flowers into your spring flower beds! This event will be led by Lauren Shaw. **Free.** Seaglass members and volunteers. *Note:* If you plan to attend, please enter the church via the front door.

**February 23, Friday, 10–11 am**  
**Table Talk: Preview of our upcoming Health and Wellness Series**

**First Church, 40 Monument Avenue, Room 1, Swampscott**

Come hear about our new Health and Wellness Series! We welcome your feedback and suggestions! Hosts for this Table Talk will be Seaglass President Joan McCormack and Linda Garber, Events Committee member. Light refreshments will be served. **FREE.** Members, volunteers, and guests welcome. *Note:* If you plan to attend, please enter the church via the back door to the left of the playground. If the door is locked, ring the doorbell and someone will let you in.

**February 24, Saturday, 10–11 am**  
**“Souper Saturday” Pot-Luck Lunch and Soup Swap**

**First Church, 40 Monument Avenue, Clark Hall, Swampscott**

This month's theme is super soups. Soups make a delicious light lunch or a thoughtful gift to take to a friend just out of the hospital or feeling under the weather. Please join us for a pot-luck lunch social. You'll get a taste of all of our soups and a container of your favorite to take home. Bring your pot or crockpot of soup to share. When you register for this event, please put the kind of soup or what else you will bring in the comments section. **Register by February 23** on the Seaglass [website](#) or call the Seaglass office at (781-718-0401). **FREE.** Members, volunteers, and guests. Snow date if needed: Saturday, March 2.

**February 29, Thursday, 10–11 am**  
**Craft Class: Fascinator Hats**

**Swampscott Senior Center, 200R Essex Street, Swampscott**

Join us for a fun morning making big, gaudy, fabulous fascinator hats on this leap year day! Light refreshments will be served. **Registration and pre-payment is required by February 22**, so we have time to get supplies ordered. **Cost: \$10.** Open to all. Please register at the [Seaglass website](#). Pay at the Seaglass Village office or at the Senior Center. Thank you!

**Interested in hosting one of our Table Talks?** If you have a topic you are passionate or knowledgeable about and would want to host one of our Table Talks on that subject, please call the office at 781-718-0401 or [email](#) us. We love to learn from our members and volunteers!

MARCH

**March 3, Sunday 2–4:30 pm**

**BINGO**

**Swampscott Senior Center Dining Room, 200 Rear Essex Street, Swampscott (behind Swampscott High School)**

Join us for a winter afternoon of Bingo! This afternoon includes prizes, raffles, and sharing time with old and new friends! Open to all. **Maximum 54 people.** **Reservations are required. Reserve soon—this event is filling up fast!** Price includes \$8 for 9 cards, \$10 for 12 cards. 50/50 Raffle. All cash prizes. Doors open at 12:30 pm. Please register on the [Seaglass website](#) or at the Swampscott Senior Center. If you are a Seaglass member and need a ride, don't forget to enter the request on the Seaglass website. Thank you!

**March 6, Wednesday, 2–3 pm**  
**Literary Tea Book Club**

**First Church Congregational Library, 40 Monument Avenue, Swampscott**

This month's book title for Seaglass Village is *Lady Tan's Circle of Women* by Lisa See. Books are available at the Swampscott Library. Hope you can join us! Contact Izzi Abrams, [iabrams@yahoo.com](mailto:iabrams@yahoo.com), or the Seaglass Village office at 781-718-0401 if you have questions. *Note:* Please register in advance for this event so we have a head count for refreshments. Use the front entrance of First Church to get to the church library. **FREE.** Members, volunteers, and guests.

**March 12, Tuesday, 1:30–3 pm**

**Ancestry / Genealogy Discussion Group**

**Unitarian Universalist Church of Greater Lynn (UUCGL), 101 Forest Avenue, Swampscott**

This group is open to those who have been working on tracing their ancestry as well as those who are looking to begin. We'll discuss where we are in our searches (or where we'd like to begin) and what current research issues we have. Facilitator is Penny Stratton, retired Publishing Director, [AmericanAncestors.org](http://AmericanAncestors.org) (New England Historic Genealogical Society). **FREE.** Open to members, volunteers, and guests. Anyone interested in genealogy and family history is invited to join us.

**March 15, Friday, 10–11 am**

**Table Talk: “S.U.R.E. Tell Us Your Story Project”**

**First Church, 40 Monument Avenue, Room 1, Swampscott**

Come learn about S.U.R.E. (Swampscott Unites, Respects, Embraces Diversity). We welcome guest speakers Ralph Edwards and Mary DeChillo, who will introduce us to the “Tell Us Your Story” Project. Swampscott and other local citizens share a common denominator—coming to America. Many folks have not given this significant family event much thought, yet it is rich and inspiring and encourages family conversation. This does not require extensive genealogical research (unless you want to). It encourages consulting with elders and comparing notes. *Who* came? From *where?* *when?* *why?* The other key question is the writer's response: What does it mean to you? The vignettes will be posted on the S.U.R.E. website, [surediversity.org](http://surediversity.org), and for Swampscott residents archived in the Swampscott Public Library. Marblehead and Nahant stories will be posted at the Seaglass Village offices or archived at those local libraries. **FREE.** Members, volunteers, and guests. Light refreshments will be served. *Note:* If you plan to attend, please enter the church via the back door to the left of the playground. If the door is locked, ring the doorbell and someone will let you in.

COMMUNITY EVENT

**March 17, Sunday, 12–4 pm**

**Health & Fitness Day**

**Swampscott High School**

Presented by the Swampscott Health Department, the event will feature demo classes and workshops for all ages; informational booths from local businesses in the fields of health, wellness, and fitness; health screenings; raffles and giveaways; and more. **FREE.**

**March 20, Wednesday, 11:45 am–1:15 pm**

**Lunch Out with Friends**

**Elia Taverna Greek Restaurant, 261 Washington Street, Marblehead**

Come meet new friends and see old friends at lunch! This should be a fun outing to Marblehead's highly rated Greek restaurant. Hope you can join us! Price depends on your lunch order. Open to Seaglass members, volunteers, and guests. **Please reserve your space by March 13** by calling the Seaglass office at 781-718-0401 or signing up at the [Seaglass website](#).

**March 21, Thursday, 10–11 am**

**Table Talk: History, Politics & Current Events—The Middle East, Part 2**

**First Church Congregational, Room 1, 40 Monument Avenue, Swampscott**

Moderated by Seaglass member Fred Garber, this group encourages lively, respectful discussion and questions, and even tangents relating to current events. This month's topic is the Middle East. Hope you can join us! **FREE.** Open to Seaglass members, volunteers, and guests. Light refreshments will be served. *Note:* If you plan to attend, please enter via the back door of the church to the left of the playground. If the door is locked, ring the doorbell and someone will let you in.

COMMUNITY EVENT

**March 23, Saturday, 9 am–2 pm**

**Creating Your Healthy Aging Plan**

**Swampscott Senior Center, 200 Rear Essex Street, Swampscott (behind Swampscott High School)**

The Swampscott for all Ages Committee and the Swampscott Senior Center are sponsoring a program on Creating Your Healthy Aging Plan. This conference will feature guest speakers, panel discussion/Q&A, and local vendors. Lunch will be served. **FREE. Pre-registration is required and space is limited to 100 people. To register, call the Swampscott Senior Center directly at 781-596-8866 to insure your reservation. (Please do not call the Seaglass Village office.)**

**March 28, Thursday, 10:30–11:30 am**

**Signs and Symptoms of Hearing Loss, and the Importance of Getting Your Hearing Tested**

**First Church Congregational Room 1, 40 Monument Avenue, Swampscott**

This talk will kick off our new Health and Wellness Series. Guest speaker Dr. Taylor Chabot from Atlantic Hearing Care will be discussing the signs and symptoms of hearing loss, the importance of getting your hearing tested, and how to navigate the options for treating hearing loss. Take advantage of the complimentary hearing screenings (optional) following the presentation. Please let us know if you would like to be on this screening schedule. Screenings take 10–15 minutes per person and will be offered from 11:30 am–1 pm. **FREE.** Open to Seaglass members, volunteers, and guests. Light refreshments will be served. *Note:* If you plan to attend, please enter via the back door of the church to the left of the playground. Ring the doorbell if the door is locked, and you will be buzzed in.

APRIL

**April 11, Thursday, 7–8:30 pm**

**Discovering Your Cousins Using DNA: Exploring Your Autosomal DNA Matches Location TBD**

Guest speaker Pamela Guye Holland, Swampscott resident and professional genealogist, has been researching genetic genealogy for more than 20 years. She will show you how to explore your DNA matches and use the tools available at the major DNA testing companies: Ancestry DNA, Family Tree DNA, MyHeritage, and 23andMe. This talk will focus on practical ways to discover how you are related to your autosomal DNA cousins. (Autosomal DNA tests can find relatives, from long-lost siblings to 10th cousins.) Case studies using matches at each testing company will illustrate methods you can use to connect with new cousins who can help you grow your family tree. This talk assumes you are considering testing or have tested at one of the DNA testing companies. Anyone interested in genealogy and family history is invited to join us for this presentation. Open to all. **COST: Seaglass Village members/volunteers FREE, others \$5.**

**April 25, Thursday, 4–7 pm**

**HOLD THE DATE for a Seaglass Village Fundraiser Dinner!**

**The Tides Restaurant & Pub, 2 Wilson Road, Nahant**

Invite your friends and family to join you for dinner at The Tides Restaurant & Pub. Delicious food, gift baskets, and 50/50 raffles! 10% of the evening's proceeds will be donated to Seaglass Village to help support our programs. Please sign up at the [Seaglass website](#) or call the office at 781-718-0401. Open to all. The Tides asks that if you plan to attend, call and make a reservation for the time of your choice, and reference “Seaglass Village” when you reserve your table. **More details coming soon!**

HOLD THIS DATE IN MAY!

**May 18, Saturday, 1–3 pm**

**HOLD THE DATE for an Essex River Cruise**

**Details coming soon!**

Join us on a relaxing river cruise. This is a perfect way to spend an afternoon. Bring the whole family, bring visiting guests, or make it a getaway from the bustle on your own. Details to follow in the next newsletter.

We are always planning new events. Look for the latest event information on any of these platforms:

- Seaglass Village website, [www.seaglassvillage.org](http://www.seaglassvillage.org)
- Seaglass Village Facebook page, [www.facebook.com/SeaglassVill](https://www.facebook.com/SeaglassVill) (follow us to get notifications of new posts)
- Seaglass Village monthly newsletter, emailed (or mailed) to all members, volunteers, and friends on the 20th of every month

Seaglass Village Basics

**COVID Requirements:** Seaglass Village members and volunteers (both new and established) must have up-to-date boosters, as per current CDC recommendations.

**Supporting Seaglass Village:** Seaglass Village is a non-profit 501(c)(3) membership community helping each other maintain independence while aging in their own homes. Please help us by donating today:

[https://seaglass.helpfulvillage.com/fundraising\\_campaigns/1-general-fund](https://seaglass.helpfulvillage.com/fundraising_campaigns/1-general-fund).

**Please give us feedback!** Call the office at 781-718-0401 or send an [email](#) with comments about our services and/or a full-blown testimonial!



**Our mailing address:** c/o First Church Congregational, 40 Monument Avenue, Swampscott, MA 01907

**Our email address:** [info@seaglassvillage.org](mailto:info@seaglassvillage.org)

**Our phone number:** 781-718-0401

**Our Facebook page:** <https://www.facebook.com/SeaglassVill>