

COMPASS ON THE BAY

UPCOMING EVENTS

(all events are subject to change)

TUESDAY, JANUARY 3

“Laughing Matters” yoga at 10:30 A.M.

Public welcome!

MONDAY, JANUARY 9

Entertainment of Al Gould at 1:30 P.M.

Public welcome!



SATURDAY, JANUARY 21

Alzheimer’s and Dementia Support Group at

11:00 A.M. *Public welcome!*

MONDAY, JANUARY 30

Intergenerational Social with B.C. High

students at 3:00 P.M.

The Eucharist is offered every Sunday at 10:00 A.M.

The Rosary is said Tuesdays at 2:00 P.M. and we offer monthly Mass with Fr. Hedderman.



RESIDENT PROFILE



Mary H. Grealish was born in South Boston. She lived on Old Harbor Street, just two blocks down from Compass on the Bay. Mary attended and graduated from St. Augustine schools. When she was a young woman, she moved down to Marine Road. Mary is an only child brought up by her loving Irish parents, Michael and Anna. After graduating, Mary attended night school while working during the day, and she earned her associate’s degree in business. After working at Shawmut Bank and a local hotel, Mary ultimately wound up at the offices of the Environmental Protection Agency in Boston when that office was first established. She worked her way up, and when she retired she had been a contract manager for the regional offices! Mary loves Irish music and loves to dance. She traveled to Ireland on several occasions with her father, and looks back fondly on the memory of visiting her parents’ original homes there. Mary still enjoys corresponding with friends and family whom she met on her Irish travels. We are having a great time getting to know Mary and she has reconnected with many past neighbors now that she has moved to Compass on the Bay.



TAI CHI



Residents, including Barbara Parodi, Jim Schwenk, and Shirley Tarutis (at left) enjoy our Tai Chi class!



HOLIDAY CELEBRATIONS



*Clockwise, from top left: **Ann Reitman** helps to decorate our Christmas tree; **Jim Schwenk** adds his personal touch as well; **Mary Ruth Fallon** places an ornament; **Vinnie Boyle** toasts to the evening at the our Compass Family and Friends holiday party; Santa discusses his “naughty or nice” list with one of the children at the party.*

2012 PROGRAMMING



As the new year begins we would like to tell you a little bit about our upcoming programming. We have some new additions and would like to extend an invitation to each one of you to join us in 2012. We are taking a holistic approach to our overall health and wellness for the mind, body, and soul through programs such as **Tai Chi**, **Laughter Yoga**, **Acupressure/Acupuncture** lectures, **Pet Therapy**, **Rosary**, **Celebrations of Mass**, **Access to Art** programs with the Museum of Fine Arts and other museum outings, **Reconnections**, **Art Smarts**, a variety of **musical performers**, and **lifelong learning** lectures, to name just a handful. We welcome you to volunteer your talents as well. Family and friends who are musically gifted have come in to entertain or bring their well-trained pets in for visits. These programs are always well received by our residents. We thank you, and wish you a wonderful new year!



Senior Living Residences, the company that manages our day-to-day operations here at Compass on the Bay, is the proud recipient of the national Spirit of Innovation Award for our social media program, encompassing Facebook, Twitter, blogs, and LinkedIn!



OUR STUDENT FRIENDS



*Top to bottom: **Margaret Dwinell** and a B.C. High student volunteer play checkers; **Shirley Tarutis** watches and plots her next move; **Helen Jackson** and Lesley University intern **Rachel Warner** (who is studying art therapy) work on a craft project.*