



METHUEN SENIOR ACTIVITY CENTER

77 Lowell St, Methuen, MA 01844

978-983-8825

Hours: Monday-Thursday 8:00am-4:00pm

Friday 8:00am -12:30pm

APRIL 2023

Welcome to the Methuen Senior Activity Center, a gathering place for retirees of all ages to continue their life journey, learn new things, make new friends, and stay actively engaged in the community. Membership is not required, so individuals can drop in and participate at their own pace. Activities vary from month to month. Stop by for a newsletter to see the latest schedule or visit our website at www.cityofmethuen.net.

APRIL EVENTS CALENDAR

- 3 Bingo 1:00-3:00pm.
- 3 Movie Time. 1pm. TBD
- 4 Bean Bag Toss game. 1-3pm. All invited to play!
- 5 *Informational Session.* "Raisin' Cane". Self defense with Larry Giordano. 10:00am. More inside.
- 6 *Informational Health Session.* GLFHC "Parkinson's Disease" 1:00pm. More inside.
- 7 Good Friday. Center Closed.
- 10 Crafting with Jennifer.10:00am. Pre-register in office.
- 10 45's. 1:00-3:00pm. \$3.00pp. Pre-register in office.
- 11 *Informational Session.* Fraud & Identity Theft. Presented by AARP. 10:00am. More inside.
- 11 American Sewing Guild. 1-4pm.
- 12 *Informational Session.* Congresswoman Lori Trahan to discuss Inflation Reduction Act. 9:30am. More inside.
- 13 *Informational Session.* "Raised Beds" presented by Methuen Garden Club. 10:00am. More inside.
- 13 The Talk. Current events discussion. 10:30-12:00n
- 14 Photography Class. 6 weeks. 10:00am. More inside.
- 14 Puzzle Party. 9-12pm. Work together or on your own.
- 14 Kindness Rocks. 10-12pm. More inside.
- 17 Patriot's Day. Center closed.
- 18 Karaoke. 1-3pm . All are invited!
- 19 Loss & Transition bereavement support. 10:00am.
- 20 Veterans office hours 10-12:00.
- 21 Color, Coffee & Conversation. 9:30am
- 21 *Informational Session.* "Caregiver Burnout/Fatigue". Presented by Amedysis. 10am. More inside.
- 21 Photography Class. 10:00am (#2 of 6 weeks)
- 24 Bingo. 1-3pm.
- 25 45's. 1:00-3:00pm. \$3.00pp. Pre-register in office.
- 27 The Talk. Current events discussion. 10:30-12:00n
- 28 Kindness Rocks 10:00am. Drop in.
- 28 Photography Class. 10:00am (#3 of 6 weeks)

Mark Your Calendar for this year's

Silent Auction Fund Raiser

April 1 – April 28, 2023

at Nevins Memorial Library

305 Broadway, Methuen

to support Programs and Activities at the Methuen Senior Activity Center



15 beautiful handmade items
up for auction including
*Ceramics, Knitting, Needlework, Painting,
Photography, Woodworking, Quilting!*

OFFICE HOURS IN APRIL

Stop in with questions, concerns or just to say hello.

Rep. Ryan Hamilton April 14 & 28, 10-12pm

Rep. Estella Reyes April 14, 10-12pm

State Senator Pavel Payano April 14, 21, 28, 10-12pm

Informational Health Session

Parkinson's Disease

presented by

Greater Lawrence Family Health Center

at Methuen Senior Activity Center, 77 Lowell St

Thursday, April 6, 2023 ~ 1:00pm

Topics will include Signs/Symptoms, Causes,
Treatment Options, and Support

All are invited to attend!





TRAVEL WITH US!



Tickets must be paid for at time of reservation. Tickets are non-refundable.

For complete details about trips with the Methuen Senior Activity Center, including participant responsibility, a comprehensive "Trip Policy" outline is posted at the Senior Center and copies are available in the main office.

All participants are required to have "emergency contact" information on them throughout the trip. Wallet sized "File of Life" information packets are available free, in the office, for your convenience.

- Apr 20 Jimmy Mazz "Legends and Laughter" with lunch at The Venezia, Boston. \$112pp. 10:00am
- May 18 Mark Shelton as "ELVIS" at Wright's Farm, Rhode Island. Lunch & Show. \$112pp. 9:45am
- June 5-7 A Taste of Vermont (Burlington/Shelburne Areas). Bakers' Store, Shelburne Museum, Rock of Ages, VT
Teddy Bear Co., Ben & Jerry's Factory Tour, Trapp Family Lodge & more. Dinner, 2 breakfasts, dinner cruise, lodging. \$620pp/dbl, \$809pp/single.
- June 20. Spirit of Boston Luncheon Cruise. \$123pp. 10:00am
- July 19 Christmas in July featuring Dueling Pianos. Scenic Maine Coast, Lobster Bake at Foster's, York, ME. \$122pp. 10:30am.
- Aug 2 The Edwards Twins at Lake Pearl, Wrentham, MA. Lunch & Show. \$122pp. 10:00am.
- Aug 22 Boston Duck Tour with lunch at Maggiano's. \$126pp. 9:00am.
- Sept 14 Tribute to The Carpenters at White's of Westport. Lunch & Show. \$112pp. 9:45am
- Oct 10 Hart's Turkey Luncheon/Hobo Railroad, Lincoln, NH. Lunch, scenic rail ride, shopping. \$118pp. 8:45am.
- Nov 1 60's Patriotic Tribute with The Sixties Invasion at Danversport Yacht Club. Lunch & Show. \$112pp. 10:45am.

A message from the Department of Transitional Assistance Federal Extra COVID SNAP Ending

What is Covid SNAP? During COVID, Massachusetts households have been getting extra SNAP at the beginning of each month to buy food.

Due to federal action, the last COVID SNAP payment was March 2, 2023.

How will this impact my SNAP benefits? Starting in April, you will get only 1 monthly payment. That is your normal benefit. Find the amount on DTA Connect or by calling 877-382-2363.

Reminder: unused SNAP benefits roll over each month. Change the PIN on your EBT card regularly to protect your benefits.

You may be able to increase your normal SNAP benefits by telling DTA about:

- Medical costs over \$35 a month for anyone in your SNAP household who is 60 or older or has a disability.
- If your housing costs have gone up (rent/mortgage), and
- Child or disabled adult costs.

Tell DTA About These Costs:

Upload a written note on DTA Connect

Call the DTA Assistance Line at 877-382-2363

Visit a DTA office or work with a community SNAP outreach partner: Mass.gov/ContactDTA

*Spring is here, but unfortunately colds and viruses are still here too. Just a reminder...
we encourage everyone to assess their own risk level and take proper precautions.*

If you need help finding where to get a Covid booster or Flu vaccination, give us a call.

*As always, frequent handwashing and social distancing, with or without a mask, is still encouraged
for your own health as well as that of your fellow participants. Let's always look out for each other!*





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EXERCISE AND ACTIVITY SCHEDULE



Cost per class/\$2.00. Anyone not feeling well, (colds, flu, covid or close covid contact) is asked to isolate before attending class. Masks are not required in the building however, we encourage you to evaluate your personal risk level as Covid variants continue to circulate. Participants are asked to arrive and depart classes promptly and bring a change of indoor shoes for class. **Before attending any center class or program, all participants are required to complete an annual "Emergency Form" and will be issued a scan card to sign in each visit.** Thank you for your cooperation.



WEEKLY ACTIVITIES - UPDATED!

Note: Some activities require pre-registration. Call 978-983-8825 for information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15 Aeroflex & Weights with Pat ~ 9:30-10:15 Gentle Yoga with Pat ~ 1-3:00pm Mahjong	8:45-9:30 Cardio Aerobics & Weights with Val ~ Blood Pressure Clinic 9: 00-11:00 ~ Ceramics 9:00-11:30 ~ 9:30-10:15 Line Dancing with Val ~ Ceramics 12:30-3:00 ~ 12:30-1:15 Tai Chi & Qigong with Allen ~ 1:00-3:00 Dominoes & Scrabble	8:30-9:15 Balance, Bones & Brain with Brian ~ 9:30-10:15 Balance, Bones & Brain with Brian ~ Quilting Circle (<i>No instruction</i>) 9:00-11:30 ~ 10:30-11:15 Zumba ~ Painting 10:00-12:00 ~ Adopt-a-Grandparent 2:15-3:45	8:30-9:15 Gentle Yoga with Pat ~ Japanese Bunka 9:30-11:30 ~ 9:30-10:15 Aeroflex & Weights with Pat ~ 1:00-3:00pm Bridge Group ~ 1:00-3:00pm Happy Hearts Chorus ~ 1:00-3:00pm Whist	8:30-9:15 Yoga with Joan ~ 9:30-10:15 Yoga with Joan ~ SHINE (<i>Serving Health Insurance Needs of Everyone</i>). For appt, Call 978-983-8825.
				

The weekday daily lunch program is available Monday through Friday at 11:30am. Reservations must be made no later than 11:30am, 2 days in advance by calling 978-983-8832. Suggested donation - \$2.00 per person/per day. Monthly menus are available at the center.



THRIFT SHOP is open Monday–Thursday 9:30am–3:00pm, Friday 9:30-12:00.
THE PUBLIC IS WELCOME!

DON'T FORGET TO SCAN IN AT SCAN CENTER JUST OUTSIDE MAIN OFFICE IN LOBBY!



MEMORIALS

Memorials donations to our center are gratefully accepted anytime in honor of your loved one.

Memorial monies received will be used towards long-lasting gifts for the Center only. Memorial cards are available at the Center Office and from your funeral director.

BLOOD PRESSURE CLINIC

Tuesdays 9:00-11:00am

at Methuen Senior Activity Center
77 Lowell St, Methuen



Maggie Leblanc, LPN, of Family Services of the Merrimack Valley, conducts weekly Blood Pressure clinics and counseling services at Methuen Senior Activity Center *This is a free service, but donations are always welcome!*



Big thanks to ... Element Care for presenting valuable information on the importance of Good Nutrition; Bridges of Epoch for helpful dementia information and support though the "Ethics of Fibbing" presentation; representatives of National Grid, Eversource, and Greater Lawrence Community Action Council, for continued monthly assistance appointments; Methuen Village for hosting a fun Trivia game; MAN, Inc for donating gift prizes for our St. Patrick's Day Shamrock hunt; Methuen Veterans Dept., State Representative Ryan Hamilton, State Representative Estelle Reyes, and State Senator Pavel Payano's offices for providing convenient office hours for Methuen seniors

Stop in often again this month for programs designed to keep you active, informed & entertained!

KINDNESS ROCKS CRAFT PROJECT!

with Yvonne Paplaskas

April 14 & 28, 2023, 10:00am

Make one for yourself, for a friend or to anonymously spread a kind word in your community.

Rocks, paint, and a fun time supplied!



THE TALK! April 13 & April 27, 2023

Everyone is invited to participate in our twice monthly program from 10:30-12:00am. Meet with others for general conversation and current events discussion with moderator Sheila Radulski-Lynch

ENERGY OPTIONS



Struggling with electric bills? A representative from National Grid will be available at our center

May 17 and June 21, 2022, 10:00am-12:00pm
to answer questions and assist with payment plans, etc. No appointment necessary. All are invited. Bring a copy of your most recent National Grid bill with you.



Free Art and Needlz Club



For those not necessarily needing instruction, we invite you to bring your artwork or needle work to spend time with other like-minded artists and offer each other encouragement and support as you create! Classroom space will be available 1-2 hours, once a month.
See events schedule for times.



Like to play cards?

How about WHIST?

Play this month on Thursdays April 6,13,20,27
from 1-3pm. Call us to sign up! 978-983-8825



Congratulations to the winners of the St. Patrick's Day Shamrock Hunt

Linda Bongiorno, Karen Bodenrader, Diane Corriveau, Barbara Ell, Jane Galluccio Joyce Hilgendorf and Felicia Siggins

Lots of fun was had scouring the center in search of "hidden" shamrocks – and while there may not have been a pot of gold at the end of the rainbow, these lucky winners did receive fun Irish themed gift baskets, contributed by Jennifer Loiselle and MAN, Inc.

SHINE NEWS

Considering an exciting volunteer opportunity?

Being a SHINE counselor is rewarding – you assist people with navigating Medicare while enjoying an ongoing learning opportunity. SHINE: Serving the Health Insurance Needs of Everyone (on or eligible for Medicare) is a federally funded SHIP program (State Health Insurance Assistance Program).

SHINE counseling is a free, objective and confidential service offered throughout the country to help people sort through confusing information about Medicare and related health insurance. How does it work? Local community organizations partner with trained counselors who provide Medicare information, counseling, and education services in your community.

SHINE counselors attend an extensive training and ongoing support to learn how to assist beneficiaries and their families about their unique situations and help them make informed decisions to meet their Medicare needs.

If you are interested in learning more about the next training beginning in April, call the Regional SHINE office to ask for an application: 978-946-1374, or email: lrose@agespan.org



Calling All Ping-Pong Players!

Anyone interested in playing Ping-Pong?
All skill levels welcome! Call 978-983-8825.

QUILTING INSTRUCTOR WANTED

The Methuen Senior Activity Center is looking for a Quilting Instructor, one day per week for 2 hours (9:00am-11:00am) of class instruction and oversight. Classes run in 10-week sessions, 3 sessions per year, typically Sept. through June. Interested candidates, please call 978-983-8825.



Informational Safety Session Protect yourself from Fraud & Identity Theft

April 11, 2023 ~ 10:00am

presented by Alice Diamond, AARP Mass Speakers Bureau and AARP Fraud Watch Network Helpline.

Con artists don't care how hard you've worked. They steal billions from Americans like you every year. In this session, we'll share an inside look at how scammers think, how to safeguard against identity theft and fraud, first-hand accounts from those who have been victimized, and what to do if you or someone you know has been victimized.

All are encouraged to attend.

Sign up in office or call 978-983-8825.

Informational Garden Talks with Veronica

April 13, 2023 ~ 10:00am

at Methuen Senior Activity Center



Join Veronica Campo of the Methuen Garden Club as she discusses **Creating Garden Beds**

All are invited! Sign up in office or call 978-983-8825

INFORMATIONAL SESSION

Caregiver Burnout & Fatigue

hosted by Amedisys Home Health

April 21, 2023 ~ 10:00am

at Methuen Senior Activity Center



This presentation provides an extensive overview of caregiver burnout and fatigue, including the many roles and responsibilities of caregivers, symptoms of caregiver fatigue and steps to prevent caregiver burnout. Discussion will include ways to manage personal stress, the importance of self-care and where caregivers can turn for help.

Congresswoman Lori Trahan to Host Casework Clinic for Methuen Seniors Wednesday, April 12, 2023

9:30-11:00am

at Methuen Senior Activity Center, 77 Lowell St

Congresswoman Lori Trahan will host a Casework Clinic for seniors at Methuen Senior Activity Center. Trahan will be joined by members of her constituent services team and agency partners to assist seniors with casework requests. Trahan and Mayor Neil Perry will also deliver brief remarks on the health care savings applicable to Methuen seniors in the *Inflation Reduction Act*.

"Growing up in a working family, we lived in fear of a health complication that we might not be able to afford. That fear became reality when my dad was diagnosed with multiple sclerosis, and I saw the hard conversations my family had about paying for treatment and medication. That's why I voted for the Inflation Reduction Act: to lower the cost of life saving care for all families," said Congresswoman Lori Trahan. "But the Inflation Reduction Act is only the beginning. In Congress, I will continue to fight for lower health care costs, and I will continue to protect programs like Social Security and Medicare that thousands of Third District seniors rely on. Here in Methuen, I'm so grateful to be able to work with our agency partners, Mayor Perry, the Senior Center to host this casework clinic and connect seniors with resources they need!"

Various provisions of the *Inflation Reduction Act* have taken effect, starting in early 2023, and this event will help seniors understand the latest cost saving provisions that could apply to them. The event also follows MassHealth's insurance renewal process change, which takes effect April 1st; Trahan's team and agency partners will help seniors ensure their MassHealth information is up to date, so they are receiving the best possible coverage.

ALL ARE INVITED TO ATTEND!

Raisin' Cane

Join Larry Giordano,

Methuen Karate Association

April 5, 2023 10:00am

for a self-defense informational

session and demonstration.

Learn how to use tools you have on you to defend yourself.



All are invited!

METHUEN ELDER AFFAIRS

Council on Aging Staff

*Linda Sheehan, Executive Director/Department Head
Susan Riccio, Assistant Director
Maribet Torres, Confidential Secretary
Jennifer Loiselle, Activity Coordinator
Cheryl McQuillan, Outreach
Lynneanne Moss, Office Support*

Council on Aging Board

*Maureen Sharrock, Chair
Katy Abraham, Vice Chair
Cynthia Ciofolo, Secretary
Dr. Donald Marcus, DVM, Treasurer
Alfred D'Agata
Linda Soucy
Christine Metzemaekers*

50/50 CLUB WINNERS

Congratulations to the March 2023 winners:

	Sandra Pauta	\$186.20	
	Darrell Gobel	\$111.72	
	Robert Flynn	\$ 74.48	

If you haven't joined the club yet, it's not too late!

Enrollment forms are available in the office

6 months (\$24.00) or 12 months (\$48.00)

Three chances to win each month! Sign up today!

JOIN THE CLUB... METHUEN SENIOR CENTER 50/50 CLUB

Three winners each month!

**Membership 6 months/\$24.00 or
12 months/\$48.00**

*For more information, or to join the club,
visit the office at 77 Lowell Street, Methuen
(Your Donation is Tax Deductible)*

Prize Fund				
50% of Total Monthly Income				
# of Members	Prize Fund	1st Prize	2nd Prize	3rd Prize
100	\$200	\$100	\$60	\$40
150	\$300	\$150	\$90	\$60
200	\$400	\$200	\$120	\$80
250	\$500	\$250	\$150	\$100
300	\$600	\$300	\$180	\$120
350	\$700	\$350	\$210	\$140

Membership (only \$4.00/month)
Must be paid 6 months or 12 months

Donation: \$ _____
6 months = \$24.00 12 months = \$48.00
(Make checks payable to: **MSC 50/50 Club**)

Name _____ Date _____

Address _____
(Cut out and mail in your membership today!)



Methuen Veterans Department Visiting Office Hours

Methuen Veterans Director, Paul Jensen will hold visiting hours at our Center on the 3rd Thursday of the month from 10:00am-12:00pm. All veterans and those currently serving are welcome to stop in to discuss issues of interest to veterans or just to say hello

ACCESSIBILITY NOTICE

Anyone needing an access accommodation to participate in City of Methuen programs or services, please contact Sandy Almonte, ADA Coordinator at SAlmonte@ci.methuen.ma.us or 978-382-2123. at least 2 weeks in advance, or 2 business days before any Board or Commission meeting. This notice is available in alternative formats upon request



Loss & Transition Bereavement Support April 19, 2023 ~ 10:00am



Have you or someone you know recently lost a loved one? Need someone to talk to?

The monthly Loss & Transition support group program hosted by Beacon Hospice meets monthly at Methuen Senior Activity Center, 77 Lowell St

For additional information, call Lucille Bonanno or Jacquie Marchand, bereavement coordinators at Beacon Hospice at 978-837-3333.



6 WEEK PHOTOGRAPHY CLASS 10:00am – 11:00am

April 14, 21, 28 and May 5, 12, 19, 2023

Do you have a camera, but don't know quite how to use it? Want to learn what all those buttons are for, how to capture a great shot, take action shots, nature shots and more? Then this class is for you!

Nancy Reardon will teach you the basics, tips and tricks!

Come unlock your hidden talent!

6 week course costs \$20.00pp.

Pre-registration is required. \$20.00pp.



POSITIVE THOUGHTS

"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome."

~ Anne Bradstreet



Adopt ~ A ~ Grandparent Program

The Adopt-a-Grandparent Program, now in its 20th year meets Wednesdays from 2:15-3:30pm. Methuen High School Students and Methuen Senior Activity Center Participants get together weekly to play cards and games, make crafts, talk about current events and so much more!

Everyone is welcome! If you would like to join call us at 978-983-8825!



Be a Lucky Charm Volunteer to Drive



Older adults in your community need help with transportation.

You decide when and where to drive.

Mileage reimbursement provided.



Call NEET at 978-388-7474 or visit www.driveformeet.org/volunteer to learn more.



GOT QUESTIONS?

Do you need information or direction applying for assistance? Give us a call 978-983-8825. Help is available by appointment for: Senior Housing applications, SNAP Food Assistance applications, Food Pantry Information, Health Insurance information, Fuel Assistance applications (enrollment period October-April).

Come Play 45'S! April 10 & 25, 2023 - 1:00pm Registration required.

\$3.00pp. Call 978-983-8825



Congratulations to the March 9 game winners:
1st place: Millie Bretton & Frank Lombardi
2nd place: Peter Piccarillo & Ken Ackroyd

WORK OUT ROOM NEWS!

The Work Out Room featuring treadmills, ellipticals, and stationary bicycles is available for use. Workout sessions are limited to 1 hour per person, per day on a first come, first served basis. An updated annual Emergency Form registration is required. Call 978-983-8825.



For those new to our workout room, a one-time introductory training session is required before using equipment on your own. Training sessions scheduled on the 1st Monday of the month, 12:30-1:30pm with fitness instructor Brian Coyne. Limit 3 students per training session. Call 978-983-8825 to register.

Reminder: Dirt, salt and pebbles tracked in with regular walking shoes can cause damage and costly repairs to our exercise equipment. Participants are required to bring a pair of indoor only shoes for use in the workout room. Thank you for your cooperation.