



## 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

MAY 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](http://www.cityofmethuen.net).**

### MAY EVENTS CALENDAR

- 1 Bingo 1:00-3:00pm.
- 4 **Informational Health Session:** Living with Chronic Pain. GLFHC 1:00-2:00pm. More inside.
- 5 Bocce & Washers Games. 10-12pm. More inside
- 8 Crafting with Jennifer. 10:00am. Pre-register in office.
- 8 45's. 1:00pm. \$3.00pp. Pre-register in office.
- 9 American Sewing Guild. 1-4pm.
- 10 **Special Event:** Annual Arts, Crafts & Happy Hearts Music Festival with Traveling Chef Lunch. More inside.
- 11 **Informational Session:** Health Literacy with Donald Marcus. 10:30am. More inside.
- 11 The Talk. Current events discussion. 10:00am
- 12 Kindness Rocks. 10:00am. More inside.
- 15 Bingo. 1-3pm.
- 16 Day Trip: Jimmy Mazz. See "Travel with Us" inside.
- 16 **Informational Health Session:** 6-week Chronic Disease program. 1-3:30pm. Tues. May 16-June 28. More inside.
- 17 National Grid representative office hours. 10-12pm
- 17 **Informational Health Session:** Stroke Awareness. Holy Family Hospital. 10:30am.
- 18 Veterans office hours 10-12:00pm.
- 19 Color, Coffee & Conversation. 9:30am
- 22 **Special Event:** Entertainer Matt York. 1-2pm. Sponsored by MA Cultural Council. Details inside.
- 23 Karaoke. 1:30-3:30pm. All are invited!
- 24 **Informational Session:** 911 Presentation. More inside
- 25 The Talk. Current events discussion. 10:00am
- 26 Bocce & Washers Games. 10-12pm.. More inside
- 26 Kindness Rocks! 10:00am
- 29 Center Closed. Memorial Day.
- 30 Needlz Club. 9-11am.
- 30 Senior Supper hosted by Methuen Police Dept. 4-6pm.
- 30 45's. 1:30pm. \$3.00pp. Pre-register in office.
- June 1 **Informational Health Session.** Men's Health topics. GLFHC. More inside.
- June 7. **Informational Travel Talk.** Collette Vacations. 1pm



### *Celebrating Older Americans' Month*

#### OPEN HOUSE, ARTS, CRAFTS & MUSIC FESTIVAL

**Wednesday, May 10, 2023**

**9:30am - 3:00pm**



*Come view the artwork and talents  
of Methuen Seniors featuring:  
Painting – Japanese Bunka – Ceramics  
Quilting – Photography – and more!*

*All Day Jewelry Sale in Lobby*

*Complimentary Coffee & Pastry Hour  
9:30-10:30am*



*Performance at 1:00pm by the  
Happy Hearts Chorus*

***The Public Is Invited!***

*A Traveling Chef lunch will also be  
served at 11:30am. \$2.00pp*

*Turkey & Roast Beef Carving Station  
Mashed Potatoes, Butternut Squash, Peas  
Snowflake Roll, Chocolate Mousse*

***Reservations for lunch must be made no  
later than 12:00pm May 3 by calling  
978-983-8832.***



## 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 Ciofalo, Secretary  
 Dr. Donald Marcus, DVM, Treasurer  
 Alfred D'Agata  
 Linda Soucy  
 Christine Metzemaekers

## 50/50 CLUB WINNERS

*Congratulations to the April 2023 winners:*



**Linda Thomas** **\$190.95**

**Michael & Deborah Savage** **\$114.57**

**Joseph Gabriel** **\$ 76.38**



*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!*

## METHUEN SENIOR ACTIVITY CENTER, INC BOARD OF TRUSTEES

### EXECUTIVE COMMITTEE

Alfred D'Agata, President  
 Pauline Hoh, Vice President  
 Kay Espinola, Treasurer  
 Tom Gradzewicz, Clerk  
 Linda Sheehan, Executive Director  
 Donald Marcus, COA Representative  
 Shirley King, Trustee Representative  
 Maureen Sharrock, COA Chair

### TRUSTEES

Ken Ackroyd, Judith Anselmi, Debra Blood,  
 Linda Bongiorno, Yolande Bourassa,  
 Diane Corriveau, Barbara D'Agata, Dan DiBurro,  
 Nancy Donigian, Evelyn Ebert, Barbara Ell,  
 Marilyn Freeman, Fran Gradzewicz,  
 George Hargreaves, Pauline Hargreaves,  
 Genevieve Marks, Josephine McDougall,  
 Yvonne Paplaskas, Sue Riccio, Cheryl Sirois

**NEW MEMBERS WELCOME!** If you are  
 interested in joining our Fundraising  
 Group, the Methuen Activity Center  
 Trustees, please call for more information,  
 978-983-8825.

## 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	1 <sup>st</sup> Prize	2 <sup>nd</sup> Prize	3 <sup>rd</sup> 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!)



## MAY! Celebrating Older American's Month!

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is *Aging Unbound*, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.



### INFORMATIONAL SESSION

#### 911 Presentation

May 24, 2023 ~ 10:00am

Sponsored by Mass EDP

Massachusetts Equipment Distribution Program



Learn how to obtain and use specialized telephone equipment for little to no cost for seniors of varying disabilities including deaf, hard of hearing, blind, low vision, motion, cognitive, and/or speech.

All are invited to attend. Call 978-983-8825.

### INFORMATIONAL 6 WEEK HEALTH WORKSHOP

Presented by The Healthy Living Center of Excellence sponsored by AgeSpan  
Tuesdays, May 16-June 28, 2023, 1:00-3:00pm

My Life My Health – the Stanford University Chronic Disease Self-Management Program is for anyone living with an on-going medical condition such as:

Arthritis, Asthma, Cancer, COPD, Chronic Back Pain, Chronic Fatigue Syndrome, Diabetes, Fibromyalgia, High Blood Pressure, Heart Disease, Parkinson's Disease, Stroke, and more.

Chronic disease and discomfort may limit activities you enjoy. Join the My Life, My Health workshop and start to live again! Learn to eat well, control your pain, start an exercise program, handle stress and relax, increase your energy level.



All are invited. Preregistration required.  
Call 978-983-8825.

the **healthy living**  
Center of Excellence



### Cuidando Con Respeto

*Cuidando Con Respeto es un adiestramiento de tres semanas **gratis** para los familiares y amigos qui cuidan a personas que viven con Alzheimer y otras demencias.*

Auspiciado por AgeSpan

CUANDO: Jueves 25 de Mayo-Junio 8 del 2023  
DIRECCION/Hora: Centro de Activida de Methuen de 1:00pm-3:00pm  
77 Lowell Street  
Methuen, MA

Para obtener más información o para registrarse,  
por favor llame a Maria Arias al 508-982-2316.

Cuidar a las personas que viven con Alzheimer u otras demencias relacionadas, es un trabajo especializado. Para poder tener éxito en este trabajo, los cuidadores necesitan habilidades especiales, conocimiento y una actitud positiva que les ayude a cuidar tanto a su familiar como a sí mismos.

¡Conviertase en un experto en cuidado!

Cuidando Con Respeto le ayudará a:

- Aprender más sobre la enfermedad de Alzheimer y demencias relacionadas
- Aprender sobre las diferentes etapas de la enfermedad
- Aprender cómo ayudar a su ser querido y entender mejor los comportamientos difíciles
- Aprender cómo cuidarse usted mismo y compartir sus experiencias



### Free Special Event!

May 22, 2023 ~ 1:00pm

Methuen Senior Activity Center, 77 Lowell St

**Matt York, Singer/Entertainer**

will perform music of The Highwaymen  
(Johnny Cash, Waylon Jennings, Willie Nelson  
and Kris Kristofferson)

*This project supported in part by Mass Cultural Council  
A State Agency that funds your  
community's local cultural council*



### OFFICE HOURS IN APRIL

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

Rep. Ryan Hamilton	May 12 & 26, 10-12pm
Rep. Estella Reyes	May 5, 10-12pm
State Senator Pavel Payano	May 5,12,19,26, 10-12pm





### *Big thanks to ...*

Everyone who supported our Silent Auction Fundraiser and Nevins Memorial Library for their generosity in hosting the event; Methuen Karate Assn.'s Larry Giordano for teaching us self-defense with canes techniques; the Greater Lawrence Family Health Center for a great Parkinson's Disease presentation; AARP for a valuable presentation on Fraud & Identity Theft; Congresswoman Lori Trahan for coordinating an informative workshop with Everett Handford Regional Director of US Dept of Health and Human Services, representatives from MassHealth, Medicare/Medicaid, NILP, Senator Markey's office, AgeSpan, AARP, Greater Lawrence Family Health Center, Office of the Atty. General, State Senator Pavel Payano's office, Representatives Reyes and Hamilton's offices and representatives from Methuen Health and Human Services Department and Methuen Police Department. Methuen Garden Club for teaching us about raised garden beds; Amedysis for presenting great information about care-giver burnout and fatigue; everyone who helped and supported our Silent Auction fundraiser held at Nevins Memorial Library; representatives of National Grid, Eversource, and Greater Lawrence Community Action Council for continued monthly assistance sessions; 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 again this month for programs designed to keep you active, informed & entertained!*

### **KINDNESS ROCKS CRAFT PROJECT!**

with Yvonne Paplaskas

**May 12 & 26, 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!



Like to play cards?

How about WHIST?



Play this month on Thursdays May 4, 11, 18, 25 from 1-3pm. Call us to sign up! 978-983-8825

### **SHINE NEWS**

Need assistance with Medicare? SHINE (Serving Health Insurance Needs of Everyone...on or eligible for Medicare) can help!

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. SHINE counselors will also assist if you find yourself enrolled in a plan that is not in your best interest by reviewing your coverage with you and helping to determine if you are qualified to make a change at this time of year. To schedule a SHINE appointment, call 978-983-8825.



### **THE TALK!** **May 11 & 25, 2023**

Everyone is invited to participate in our twice monthly program from 10:30-12:00pm. 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 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! See events schedule for times.



### **INFORMATIONAL HEALTH SESSION**

#### ***Living with Chronic Pain***

*Presented by*

**Greater Lawrence Family Health Center**  
**May 4, 2023 ~ 1:00pm**

*Topics include: Coping Tips, Management Strategies, Treatment Options, Support*

*All are invited. Call 978-983-8825 to sign up.*



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

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

Memorial donations to our center are gratefully accepted anytime in honor of your loved one. Donations were recently received in memory of:



**Lorraine Folley  
Barbara Stella**

Memorial monies received will be used toward long-lasting gifts for the Center only. Memorial cards are available at the Center 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!



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### MONUMENTS

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## 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.

- 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.

### Informational General Health Literacy Series

**May 11, 2023 ~ 10:30am**

Join us for the first of 8 individual sessions of this discussion series.

#### *What Is Health Literacy and Why Is It Important?*

Dr. Marcus, a retired doctor of Veterinarian medicine, will share his general interest and knowledge to lead basic discussion topics for obtaining and maintaining better senior healthcare. Talk about how to prepare for your next doctor visit, safety tips, and more.

All are invited to attend.

### BOCCE & WASHERS

Now that spring is here, let's get outside!

Join us for some outdoor  
games of  
Bocce and Washers



**May 5 and May 26 from 10:00-12:00n**

*(weather permitting, of course!)*

All are welcome!

### INFORMATIONAL HEALTH SESSION

#### STROKE AWARENESS

Signs, Symptoms, Actions & more

Presented by Holy Family Hospital

May 17, 2023 ~ 10:30am

All are invited to attend!



### Free Lasagna Supper For Methuen Seniors

**May 30, 2023 ~ 4-6:00pm**

Hosted by Methuen Police Dept.

at Methuen Senior Activity Center  
77 Lowell St, Methuen

Call for details. 978-983-8825.

Menu includes: Lasagna, sausage,  
peppers and onions, soup, salad.



### Informational Travel Talk June 7, 2023 ~ 1:00pm

Collette Vacations will present information about *Canyon Country*, an 8-day extended tour scheduled for the Fall of 2024. Tour highlights include visits to Scottsdale, Kaibab National Forest, Grand Canyon, Bryce Canyon National Park, Zion National Park, Las Vegas and more. Come learn more about it!







## Methuen Veterans Department Visiting Office Hours

Methuen Veterans Director, Paul Jensen will hold visiting hours at our Center on the 3<sup>rd</sup> 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

## 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-May 12).



## Loss & Transition Bereavement Support

June 21 & July 19 ~ 10:00am

(Please note: there will be no meeting in May)

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 Jacque Marchand, bereavement coordinators at Beacon Hospice at 978-837-3333.



## Spring is Here! Volunteer!

Become a volunteer driver and help seniors in your community.

You decide when and where to drive.  
Mileage reimbursement provided.



Call NEET at 978-388-7474 or visit

[www.driveforneet.org/volunteer](http://www.driveforneet.org/volunteer) to learn more.



Northern Essex Elder Transport, Inc.

## POSITIVE THOUGHTS

*"You are never too old to set another goal or to dream a new dream."*

~C..S. Lewis

## Adopt ~ A ~ Grandparent Program

The Adopt-a-Grandparent Program, now in its 20<sup>th</sup> 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!



## Come Play 45's!

May 8, 2023 - 1:00pm

May 30, 2023 - 1:30pm

Registration required.

\$3.00pp. Call 978-983-8825

Congratulations to the April 10 game winners:

1<sup>st</sup> place: Josephine McDougall & Gary Campiola

2<sup>nd</sup> place: Frank Lombardo & Irene Galluccio



## 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 once a month 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.

## ACCESSIBILITY NOTICE

Anyone needing an access accommodation to participate in City of Methuen programs or services, please contact Sandy Almonte, ADA Coordinator at 978-382-2123 or [SAlmonte@ci.methuen.ma.us](mailto:SAlmonte@ci.methuen.ma.us) 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



*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!*

