



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

JULY 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.

JULY EVENTS CALENDAR

- 4 Independence Day. Center Closed.
- 5 Patriotic Coffee Hour. 9:00am. More inside.
- 6 The Talk. Current events discussion. 10:30am.
- 6 **Informational Health Session.** Skin Conditions. 1:00pm. GLFHC. More inside.
- 7 Outdoor lawn games: Bocce & Washers. Weather permitting. 10-12pm
- 7 Kindness Rocks. Rock painting. 10:00am
- 10 Bingo 1:00-3:00pm.
- 10 Crafting with Jennifer. Beehive Candle Holder. 10am. Sign up in office or 978-983-8825. \$3pp.
- 11 American Sewing Guild. 1-4pm.
- 12 Informational Safety Session: MPD hosts Fraud Bingo & Ice Cream Social. 1:00pm.
- 13 Health Literacy Talks. 10:30am. More inside
- 17 45's Game! 1-3pm. Call 978-983-8825 to sign up!
- 18 Karaoke 1:30-3:30pm.
- 19 Christmas In July Day Bus Trip. Details inside.
- 19 Loss & Transition Grief Support. 10:00am
- 20 The Talk. Current events discussion. 10:30am.
- 20 **Informational Session:** Mass Bar Elder Law with Atty. Faith Delaney. 10:30am. More inside.
- 20 Veterans Dept. visiting office hour. 10am.
- 21 Outdoor lawn games: Bocce & Washers. Weather permitting. 10-12pm
- 21 Kindness Rocks. Rock painting. 10:00am
- 24 Bingo. 1:00-3:00pm.
- 25 Needlz Club. 9-11am.
- 26 Movie Matinee. 12:30pm.
- Aug 2 Farmer's Market Coupon Distribution. Watch for more details to come.
- Aug 2 Day Trip: Edwards Twins. More inside.
- Aug 4 **Informational Health Session.** Topic: TBA. 1:00pm. GLFHC.
- Aug 4 Outdoor lawn games: Bocce & Washers. Weather permitting. 10-12pm



INFORMATIONAL SESSION

MASSBAR ASSOCIATION Elder Law Program



July 20, 2023 ~ 10:30am
 at Methuen Senior Activity Center
 77 Lowell St, Methuen
 Presented by Atty Faith Delaney

All are invited to learn about Elder Law issues including Veteran Affairs Financial Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Homestead and Life Estates, Medicare/Medicaid changes and alternatives to nursing home care.
Call 978-983-8825 to register!

INFORMATIONAL HEALTH SESSION

SKIN CARE AND CONDITIONS
 presented by Greater Lawrence Family Health Center
July 6, 2023 ~ 1:00pm

Come learn about basic skin conditions and issues. Discussion to include how to protect yourself against the summer sun and signs and symptoms of different skin conditions. What's that new darkening skin spot? When should I be concerned about something on my skin? Who do I call?

Come talk with a Doctor from the Greater Lawrence Family Health Center to learn more!
 All are encouraged to attend.
Call 978-983-8825 to register.

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 **June 2023** winners:



Cindy Ciofalo \$179.55
Methuen Lions Club \$107.73
Corinne Lucier \$ 71.82



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
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 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 st Prize | 2 nd Prize | 3 rd 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!)

TRIAD SENIOR SAFETY EVENT

The Methuen Police Department will host



FRAUD BINGO & ICE CREAM SOCIAL Wednesday, July 12, 2023 1:00pm

at Methuen Senior Activity Center, 77 Lowell St

All are invited to enjoy ice cream while learning to protect yourself, your family, neighbors and friends.

"Bingo" game will focus on current Scams and Frauds to be aware of and other general tips and tricks to help keep you safe!

Space is limited and
pre-registration is required
Call 978-983-8825 to sign up!



LOSS & TRANSITION BEREAVEMENT SUPPORT JULY 19, 2023 ~ 10:00am

Have you or someone you know recently lost a loved one? Need someone to talk to? The Loss & Transition support group program hosted by Beacon Hospice meet monthly at Methuen Senior Activity Center, 77 Lowell St, Methuen. For additional information, call Lucille Bonanno or Jacquie Marchand, bereavement coordinators at Beacon Hospice at 978-837-3333.



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.



Our Newsletter and mailings
are sponsored in part by
Executive Office of Elder Affairs,
One Ashburton Pl. Boston, MA 02108

Informational General Health Literacy Series

July 13, 2023 ~ 10:30am

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

This month's topic: heart health.

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.



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 10am-12pm. All veterans and those currently serving are welcome to stop in to discuss issues of interest to veterans or just to say hello

Join us for a Patriotic Coffee Hour Wednesday July 5, 2023 ~ 9:00am



**Wear your favorite
Red, White, and Blue
and be entered to win a
summertime Fun Basket raffle!**

Hyperthermia: Too Hot for Your Health

from National Institute on Aging AgePage

Almost every summer, there is a deadly heat wave in some parts of the country. Too much heat is not safe for anyone. It is even riskier if you are older or if you have health problems.

What should I remember?

- Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness.
- Get out of the sun and into a cool place. Air conditioning is best. If you don't have A/C, consider cooling down at the mall, library or senior center.
- Drink fluids but avoid alcohol and caffeine. Don't wait until you feel thirsty to hydrate!
- Shower, bathe, or at least sponge off with cool water.
- Lie down and rest in a cool place.



Crafting with Jennifer

July 10, 2023 ~ 10:00am

Methuen Senior Activity Center
77 Lowell St, Methuen, MA

Beehive Candle Holder



This month's craft project:
Beehive candle holder – summery table décor.
Space is limited. **Sign up today in the office or by calling 978-983-8825.** \$5.00pp

Like to play cards?
How about WHIST?
Play this month



Thursdays June 1, 8, 15, 22, 29
from 1-3pm. Call us to sign up! 978-983-8825

Office Hours with your Elected Officials

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

10:00am-12:00pm

| | |
|----------------------------|--------------------|
| Rep. Ryan Hamilton | July 7 & 21 |
| Rep. Estella Reyes | July 7 & Aug 4 |
| State Senator Pavel Payano | July 7, 14, 21, 28 |

Big thanks to ... all who contributed to the services and programming in June including:



Greater Lawrence Family Health Center for an informative talk on Memory Loss; **Dewhirst Funeral Home** for presenting preplanning information; **The Woods at Merrimack** retirement community for sponsoring a lively Music Trivia challenge; **Collette Vacations** for an exciting Canyon Country travel talk; **Don Marcus** for a second in a series of Health Literacy informational talks; **The Happy Hearts Chorus**, **Mayor Neil Perry**, **Police Chief McNamara**, **Fire Chief Sheehy**, and **Lt. Jim Garrity** for an uplifting performance of patriotic music to honor our veterans and to **Nevins Memorial Library** for hosting the event; **Bev Brown** of the **Methuen Historic Commission** for facilitating two "Neighborhood Talks" informational history sessions; **Bridges by Epoch** for presenting Humor & Caregiving; **CaptionCall** for providing information on no-cost captioned phone service equipment; the **Delvena Theater Group** for an afternoon with "Mae West" and **Massachusetts Cultural Council** for sponsoring the performance; **Lou Bonanno** and **Jacque Marchand** for facilitating the Loss & Transition bereavement support group; Veterans Director **Paul Jenson** for continued monthly office hour visits; **State Representative Ryan Hamilton**, **State Representative Estelle Reyes**, and **State Senator Pavel Payano's** offices for providing convenient office hours for Methuen senior. Thanks to **Mayor Perry**, **Karen Ferullo**, **Jennifer Loiselle**, and **Kelly Townsend** for donating raffle gifts for the Volunteer Appreciation lunch. We also want to thank more than 120 volunteers who have been instrumental in our ability to provide programs and services all year. Volunteers are truly the heart of our senior center community, and we couldn't do it without you!

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

KINDNESS ROCKS CRAFT PROJECT!

with Yvonne Paplaskas
July 7 & 21, 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! July 6 & 20, 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**

Did you know July is

National Blueberry Month?

This "superfood" is packed with antioxidants and phyto-flavonoids, high in potassium and vitamin C. They can lower the risk of heart disease and cancer and are also anti-inflammatory.

Try this cool and nutritious smoothy this summer!

- 2/3 cup frozen blueberries
- 1 (5.3oz) Greek yogurt
- 1/2 cup nonfat milk
- 1/2 tsp. sugar



Place all ingredients in blender and blend well until smooth.

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. 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 ~ 9:30-10:15 Line Dancing with Val ~ 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 (No instruction) 9:00-11:30 ~ 10:30-11:15 Zumba ~ Painting 10:00-12:00  | 8:30-9:15 Gentle Yoga with Pat ~ 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 (Serving Heath Insurance Needs of Everyone). 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

Donations of *in-season* clothing and small household items are always gratefully accepted during regular shop hours. OPEN TO THE PUBLIC!

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.



Memorial donations received will be used toward long-lasting gifts for the Center. Memorial cards are available at the Center and from your funeral director.

Weekly Blood Pressure Clinics

Methuen Senior Activity Center
77 Lowell St, Methuen



Tuesdays 9:00am-11:00am

Maggie Leblanc, LPN and Faith Ouellette, RN

Thursdays 9:00am-11:00am

Karen Ferullo, RN

No appointment needed. This is a free service, but donations are always welcome!

~Serving All Faiths and Ethnic Backgrounds for 69 Years~

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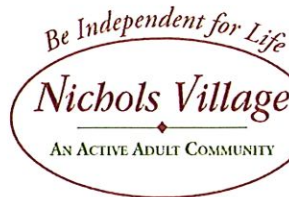
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TRAVEL WITH US!



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.

- 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.
- Dec 3 "Christmas Time" Reagle Music Theater, Waltham with lunch at The Chateau. \$135pp. 10:30am.

EXTENDED TOURS IN 2024:

Sept 4-11, 2024 Canyon Country. Scottsdale, Kaibab National Forest, Grand Canyon, Rafting on Horseshoe Bend, Lake Powell Cruise, Bryce Canyon National Park, Zion National Park, Las Vegas. \$3,799pp/do.

Dec. 4-8, 2024 Discover Spotlight on San Antonio Holiday. Mission San Jose, The Alamo, El Mercado, Fredricksburg, National Museum of the Pacific War, Choice on Tour, Historic Pearl District, Paseo del Rio Cruise. \$1,999pp/do.

METHUEN SENIOR FARMER'S MARKET COUPON DISTRIBUTION ~ 2023

The Senior Farmer's Market Nutrition Program offers a limited supply of \$50 coupons to adults aged 60+ who meet income guidelines, to buy produce at their nearby Farmer's Market. The coupons are available through AgeSpan Nutrition Project and distributed by the senior center in the city/town you live in.

When: AUGUST 2, 2023 beginning at 9:00am, first come/first served while supplies last.
Where: Methuen Senior Activity Center
Who: Methuen senior residents
What: Bring photo ID and proof of residency (utility bill that shows your name & address)

Coupons distributed on a first come, first served basis, until they are gone. Recipients should make every effort to use coupons received as unused coupons will result in Merrimack Valley receiving fewer coupons next year. Recipients will be required to sign a statement saying you are 60+ years of age, live in Methuen and meet eligibility requirements.

2023 Household Monthly Income Guidelines:

| | |
|-----------------|-----------------|
| 1 person \$2248 | 2 person \$3041 |
| 3 person \$3833 | 4 person \$4625 |

BOCCE & WASHERS

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

Join us for some lawn games of

Bocce and Washers



July 7 and July 21, from 10:00-12:00n

(weather permitting, of course!)

All are welcome!

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**.

~ POSITIVE THOUGHTS ~

Act as if what you do makes
a difference. It does.

~William James

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).



HAPPY
4th of July



Make
Today
Amazing

Help Older Adults Keep Their Independence Become a Volunteer Driver

Drive when and where you want
and give the gift of independence
to older adults in your community.



Call 978-388-7474 about this flexible volunteer opportunity or visit www.driveforneet.org/volunteer.

Come Play 45's!
~All are welcome~
July 17, 2023 - 1:00pm
July 31, 2023 - 1:30pm
Registration required.
\$3.00pp. Call 978-983-8825



Congratulations to the May 30 game winners:

1st place: *Carol Pucillo & Irene Galluccio*

2nd place: *Gordon Copland & Steven Windle*
and the June 3 game winners:

1st place: *Claire Desjardins & Jim Dion*

2nd place: *Peter Piccirillo & Susan Skaff*

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 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



Durable Medical Equipment Loan Program

The Methuen Senior Activity Center offers a durable equipment loan program. Items for loan include walkers, wheelchairs, canes, tub seats and several other items, based upon availability. Often, this type of equipment is needed for only a short period of time and can impose an extra expense upon the user. Seniors are welcome to borrow the equipment on a temporary basis as a cost-saving measure. We gratefully accept donations and returned items. For complete details, to inquire if what you need is available for loan, or to return a borrowed item, call the center at 978-983-8825.



AMERICAN FLAGS

The Methuen Senior Activity Center gratefully accepts donations of large sized (5'x8') American Flags for the flagpole on our front lawn.

Often, this size is too large for a residential flagpole, but we will proudly display it here!