



## LETTER FROM OUR DIRECTOR

Welcome Back! Welcome September!

September always feels like a fresh start—a perfect time to try something new and to welcome you back to the Center! With this theme in mind, we have many special announcements, including our exciting partnership with Notre Dame Academy. We're thrilled to welcome three students who will be assisting us with administrative tasks throughout the school year. Their support will complement our wonderful and dedicated team (pictured above)!

We're also excited to share that our Ambassador Program has launched, and thanks to our Ambassadors, we've connected many new faces to the Senior Center. Our Ambassadors will be hosting Welcome Days on the first Tuesday of the month at 10:00 a.m. starting on Tuesday, October 8. These days will be an opportunity to connect new and existing volunteers and, more importantly, to hear about all the exciting things happening here at the Center!

Our team is fueled by you, our participants, who bring new and exciting ideas to the Center, volunteer in countless ways, and give us the opportunity to connect you with the resources you need to age gracefully. This newsletter is jam-packed with exciting programs and special events.

We're also launching extended evening hours through a pilot program on Thursdays, from September 19 to October 10, featuring our new Sunset Seminar Programs (please see page 7 for more details). The Center will be open until 7pm. We'll wrap up September with a fun-filled Country Line Dancing event on Saturday, September 28, 3:00 p.m. – 5:00 p.m. Whether you have a partner or not, come on down and learn from a talented Country Line Dancer, Cathy Garland. For more information, please see page 9.

We are so excited to be "Back to the ... Center" and look forward to an incredible month with you!

Ashley Shaheen  
Executive Director

## What's Inside

- 02 Staff/Board
- 03 Activity Calendar
- 04 Center Offerings
- 05 Trips & More
- 06 Fitness Classes
- 07 -12 More things to do!

Methuen Senior  
Activity Center  
77 Lowell Street  
Methuen, MA  
01844

978-983-8825

[www.methuen.gov  
/seniorcenter](http://www.methuen.gov/seniorcenter)



Follow Us  
on  
Facebook

## SPOTLIGHT ON OUR STAFF

### \*\*Spotlight on Our Team: Honoring the Faces Behind Our Center\*\*

We are excited to introduce a new section in our newsletter dedicated to the heart and soul of our senior center—our incredible staff. In each issue, we'll be shining a spotlight on the dedicated individuals who work tirelessly to make our center a welcoming and vibrant community. We'll be starting with the team members who have been with us the longest, celebrating their years of service and commitment. Stay tuned as we take this journey together, recognizing the passion and dedication that make our senior center truly special.



### **Susan Riccio, Assistant Director 26 Years**

1. Can you tell us a little about your background and what led you to work here?

"What led me to work here.. When Dennis DiZoglio was Mayor, I along with Joyce Bearly from St. Andrews in Methuen MA ran a fundraiser for our parish. It was the biggest fundraiser that the Parish had seen. The Mayor ( DiZoglio) was asked if he would participate to help with the event. Joyce and I placed him in a dunk tank . Long story short, we held signs out on Broadway telling people to dunk their Mayor. The dunk tank made the most \$\$ that day!

Mayor DiZoglio was a Great Sport! The following week, I saw that the City was looking for an Activity Coordinator. I thought about applying, was interviewed by Corinne LaCharite then by Mayor DiZoglio. Before applying for the job, I owned my own cleaning company and cleaned the center for 3 years while working at the IRS seasonal."

2. What do you enjoy most about your job?

"Hands down, the people that come to the center are amazing! I have made a lot of contacts and so, so many friends. I have been to birthday celebrations, family get togethers, I have sung funerals, and I have done eulogies. This center is just amazing, filled with love for everyone. The center truly is a home away from home. No one judges anyone. We all work together for the common goal, making the center a wonderful, inviting, great atmosphere for the people to come and enjoy!"

3. What is one thing that you wish more people knew about the Senior Center?

"I wish more people knew that we apply people to programs like SNAP, Fuel Assistance. If they need to apply for Social Security SSI or DI or housing, we refer them to the Health and Human Services Dept. of the City of Methuen. When Veterans come and need assistance, our Veterans Agent is always there to intercede and help them. We have ways to help navigate so many programs for the benefit and welfare of our community."

4. How do you like to spend your time outside of work?

"I fly to Florida to see grandchildren and great-grandchildren. I have two granddaughters near me that I love to spend time with. Visit my mom who is now in an area Nursing Home. Watch America's Got Talent ( the Happy Hearts will go for it again this year) and sleep!"

## METHUEN ELDER AFFAIRS

### **Council on Aging Staff**

Ashley Shaheen, Executive Director  
Susan Riccio, Assistant Director  
Maribet Torres, Confidential Secretary  
Jennifer Loiselle, Activity Coordinator  
Cheryl McQuillan, Outreach  
Liz Otto, Office Support  
Raymond Despres, Custodian

### **Council on Aging Board**

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

## METHUEN SENIOR ACTIVITY CENTER BOARD OF TRUSTEES

### **EXECUTIVE COMMITTEE**

Genevieve Marks, President  
Pauline Hoh, Vice President  
Ken Ackroyd, Treasurer  
Tom Gradzewicz, Clerk

Ashley Shaheen, Executive Director  
Donald Marcus, COA Representative  
Shirley King, Trustee Representative  
Maureen Sharrock, COA Chair

### **TRUSTEES**

Judith Anselmi, Debra Blood,  
Linda Bongiorno, Yolande Bourassa,  
Diane Corriveau, Al D'Agata, Barbara D'Agata, Dan  
DiBurro, Nancy Donigan, Evelyn Ebert, Donna Eddy,  
Barbara Ell, Marilyn Freeman, Fran Gradzewicz, Regina  
McCarthy, Josephine McDougall, Yvonne Paplaskas,  
Don Riccio,  
Cheryl Sirois, Peggy Trudel  
Ex Officio Members: Jennifer Loiselle, Sue Riccio

## INSPIRATIONAL QUOTE

"Working hard for something we don't care about is called stress; working hard for something we love is called passion." – Simon Sinek

## IMPORTANT ANNOUNCEMENT

**Pre-registration is now required for all programs.**

**Please pre-register by 1.) calling 978-983-8825 or  
2.) stopping by at the Methuen Senior Center, 77 Lowell Street.**

September 3 - Election day  
 September 4 - Book Club with Maureen Sharrock 1:00pm  
 September 4- Senator Payano office hours 10:00 to 12:00  
 September 4 - DJ Beauregard office hours 11:00 to 12:00  
 September 5 - Coffee with a Cop and Scam Talks 10:30 a.m.  
 September 5 - Happy Hearts 1:00 p.m.  
 September 6 - Kindness Rocks 10:00 a.m.  
 September 6 - Health Talks 10:00 a.m.  
 September 9 - 45's Tournament 12:30 p.m.  
 September 10 - Walking Club with Regina McCarty at 10:30 a.m. meet at the Rail Trail  
 September 10 - YWCA housing information session 2 p.m.  
 September 10 - Sewing Guild 1 to 4pm - All are Welcome to join  
 September 11 - Attorney Peter McQuillan Legal Counsel 9:00 to 11:00am by appointment only.  
 September 11 - Traveling Chef Meal - PreRegistration Required, \$2  
 September 11 - Mary Immaculate Information table 12:30 to 2:00  
 September 12 - Happy Hearts 1:00 p.m.  
 September 13 - Day trip to Lake Sunapee  
 September 13 - Finders Keepers - Buried in Treasures Support Group 10:30 a.m.  
 September 16 - Kevtech Informational Services - Preregistration Required - 10:00 a.m.  
 September 16 - Bingo 1:00 p.m.  
 September 17 - Thrift Shop Sale \$5 a bag all day

September 16 - Kevtech Informational Services - Preregistration Required - 10:00 a.m.  
 September 16 - Bingo 1:00 p.m.  
 September 17 - Thrift Shop Sale \$5 a bag all day  
 September 17 - Howie Newman performs at 1:00 p.m.  
 September 18 - Lost in transition, Bereavement Support Group 10:00 a.m.  
 September 19 - Food Safety Bingo hosted by AgeSpan 10:30 a.m.  
 September 19 - Birthday Lunch 11:30 a.m.  
 September 19 - Happy Hearts 1:00 p.m.  
 September 19 - Extended Hours Open until 7 p.m.  
 September 20 - Kindness Rocks 10:00 a.m.  
 September 20 - Dialogue with the Director 10:00 a.m.  
 September 23 - Is it Normal Aging or Is it Memory Loss with Sarah Turcott from Bridges by Epoch 10:30 a.m.  
 September 23 - 45s Tournament 12:30 p.m.  
 September 24 - Walking Club with Regina McCarty 10:30 a.m. meet at The rail trail  
 September 24 - Karaoke with Don Riccio 1:00pm  
 September 25 - Fall Prevention Informational session with Accent Care 10:30 a.m.  
 September 25 - Oscar Movie Series: Forrest Gump 12 noon  
 September 25 - Loss & Transition 10 am  
 September 26 - Happy Hearts 1:00 p.m.  
 September 26 - Extended Hours Open until 7 p. m.  
 September 28 - Country Hoe Down 3 to 5p.m.  
 September 30 - Bingo 1:00 p.m. Sponsored by Cedarview

**Monthly Groups: The following groups meet at the same days and times each month**

- Adopt A Grandparent meets every Wednesday at 2:30pm. Starting September 18
- Beginners 45s meets every Tuesday at 1pm
- Dialogue with the Director meets the 3rd Friday of the month at 10am. September 20
- Happy Hearts meets every Thursday at 1pm
- Kindness Rocks meets the 1st and 3rd Friday of the Month at 10:00am. September 6 & 20
- Loss & Transition Bereavement Group meets the 3rd Wednesday at 10am. September 18
- Scrapbooking & Card Making meets the 4th Monday of the month at 10am. September 24

The Methuen Council on Aging provides the following services and programs. For more information, call the Center Monday through Thursday from 8am-4pm and Friday from 8am-12:30pm at 978-983-8825 or visit [Methuen.gov/seniorcenter](http://Methuen.gov/seniorcenter) then click newsletter, for the latest information.

- EXERCISE CLASSES AND WORKOUT ROOM WITH TREADMILLS, ELLIPTICAL, AND RECUMBENT BIKES
- DAILY HOT LUNCH PROGRAM AND MEALS ON WHEELS
- TRANSPORTATION FOR MEDICAL APPOINTMENTS
- SENIOR/DISABLED PROPERTY TAX RELIEF WORK PROGRAM
- TRIAD SENIOR SAFETY PROGRAMS
- FINANCIAL AND RETIREMENT PLANNING WORKSHOPS
- THRIFT SHOP
- EDUCATIONAL AND LIFE ENRICHMENT PROGRAMS
- HAPPY HEARTS CHORAL GROUP
- ADVOCACY WORKSHOPS INFORMATION
- TRIPS: DAY AND OVERNIGHT AND EXTENDED TOURS
- SUPPORT COUNSELING FOR ELDERS FOR GRIEF, DEPRESSION, GRANDPARENTS, ETC
- INCOME TAX ASSISTANCE
- INTERGENERATIONAL PROGRAMS SUCH AS ADOPT A GRANDPARENT

- INFORMATION AND REFERRAL SERVICES
- FUEL ASSISTANCE APPLICATION HELP
- FOOD ASSISTANCE INFORMATION SNAP
- FREE DURABLE MEDICAL EQUIPMENT LOANS WHEELCHAIRS, WALKERS, CANES, ETC
- FILE OF LIFE EMERGENCY MEDICAL INFORMATION REFRIGERATOR MAGNETS
- OUTREACH SERVICES
- BLOOD PRESSURE HEALTH CLINICS TUESDAYS AND THURSDAYS 9:00 TO 11:00
- HEALTH PROXY FORMS, HOMESTEAD ACT APPLICATIONS
- TELEPHONE OUTREACH REASSURANCE CALLS
- RECREATIONAL ACTIVITIES AND EVENTS SUCH AS: ICE CREAM SOCIALS, LUNCH AND DANCE EVENTS, AND MONTHLY & WEEKLY GAMES INCLUDING MAHJONG, SCRABBLE, CARD GAMES, 45'S TOURNAMENTS, AND SO MUCH MORE!

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

### Three Winners each Month!

Membership: 6 months for \$24 OR  
12 months for \$48

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

### 50/50 CLUB WINNERS

Congratulations to the August 2024 winners:



**Irene Gallucio \$159.60**  
**Donald Moses \$95.76**  
**Jay Austin \$63.84**

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!

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!)

## MEMORIALS

Memorial donations received by the Center will be used for special memorial items only. Memorial cards are available at the Center Office and from your funeral director.

## TRAVEL WITH THE METHUEN SENIOR ACTIVITY CENTER!

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.

### DAY TRIPS

- September 13 - Lake Sunapee Luncheon Cruise. Sunapee, NH. \$127. 10am
- October 17 - A Tribute to Robin Williams and Lunch at Wrights Farm. Burriville, RI. \$117. 10am
- October 23 - Halloween Party at Indian Head. Lincoln, NH. \$117. 10am.
- November 13 - Mohegan Sun Casino Trip. \$55. 7am.
- December 11 - Nashville Christmas at Danversport Yacht Club. \$ 117. 10:45am.

### EXTENDED TOUR TRIPS

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

March 1-9, 2025 Discover Tropical Costa Rica. San Jose, Tours & Coffee Plantation, Arenal, Cano Negro, Lake Arnal Cruise, Monteverde Your Choice, Monteverde Guanacaste. \$3,699

### Visiting Office Hours with your Public Officials

Rep. Estella Reyes – September 13, 10-12noon  
 Rep. Ryan Hamilton September 6 and 20, 10am – 12noon  
 Senator Pavel Payano – September 4, 10am-12noon  
 Methuen City Councilor At Large, DJ Beauregard – September 4, 11am-12noon

Methuen Veterans Director, Paul Jensen  
 3rd Thursday of the month from 10am-12noon

All are welcome to stop in to discuss issues, concerns or just to say hello!

### Monthly Birthday Club

#### Monthly Birthday Club

We are excited to celebrate YOU! On the third Thursday of each month at 11:30 a.m. come and celebrate your special day at the Senior Center. Enjoy our daily lunch program and stay for cake!

Lunch reservations must be made no later than 11:30 a.m., 2 days in advance by calling 978-983-8832. Menus available at the Senior Center.

## METHUEN SENIOR ACTIVITY CENTER FIRST VARIETY SHOW

*Do you have a talent such as writing poetry, singing, dancing, comedy, or more? Would you like to "show off" your talent in front of our community?*

*Then reach out to Sue Riccio, Assistant Director, AT 978-983-8837, as we prepare for our first-ever Variety Show!*

*Please express your interest by September 13 and let us know what type of talent you are bringing to the center.*

**Variety Show Date: Wednesday, October 23, 1:00 p.m.**

## EXERCISE AND ACTIVITY SCHEDULE

Cost per class - \$2.00. Participants are asked to arrive and leave classes promptly. Please 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.  
Classes are complimentary for members over 90 years young.

**WEEKLY ACTIVITIES - UPDATED!** Note: Some activities require pre-registration. Call 978-983-8825 for information.

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|---|--|--|--|
| 8:30-9:15<br>Aeroflex & Weights with Pat<br>~<br>8:30—11:30<br>SHINE (Serving Health Insurance Needs of Everyone)<br>For an in-person appt. call 978-983-8825<br>~<br>9:30-10:15<br>Gentle Yoga with Pat<br>~<br>1-3:00<br>Mahjong | 8:45-9:30<br>Cardio Aerobics & Weights with Val<br>~<br>9:00-11:30<br>Ceramics<br>~<br>9:00-11:00<br>Blood Pressure Clinic<br>~<br>9:30-10:15<br>Line Dancing with Val<br>~<br>12:30-3:00<br>Ceramics<br>~<br>13:30-1:15<br>Tai Chi<br>~<br>1:00<br>Beginner 45's<br>~<br>1:00-3:00<br>Dominoes | 8:30-9:15<br>Balance, Bones & Brain with Brian<br>~<br>9:00-11:00<br>Quilting<br>~<br>9:30-10:15<br>Balance, Bones & Brain with Brian<br>~<br>10:30-11:15<br>Zumba<br>~<br>10:00-12:00<br>Painting<br>~<br>1:00-3:00<br>Painting<br>~<br>2:30 -3:45<br>Adopt A Grandparent | 8:30-9:15<br>Gentle Yoga with Pat<br>~<br>9:00-11:00<br>Blood Pressure Clinic<br>~<br>9:30-10:15<br>Aeroflex & Weights with Pat<br>~<br>1:00-3:00<br>Bridge Group<br>~<br>1:00-3:00<br>Happy Hearts Chorus | 8:30-9:15<br>Yoga with Joan<br>~<br>9:00-11:00<br>Quilting Circle<br>~<br>9:30-10:15<br>Yoga with Joan<br>~<br>10:30-11:15<br>Line Dancing |

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.

### **Discover Hidden Treasures**

Tucked away like a well-kept secret, our Thrift Shop is the go-to destination for savvy shoppers looking to uncover hidden gems. Our Thrift Shop is not just a place to shop, it's also a hub of community giving!

Tuesday, September 17, 2024 Fill -A-Bag for \$5.00

### **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

**Big Thanks...** to all who contributed to the services and programming in August including:  
 AgeSpan & Hula Dancer Nefertiti for the wonderful LUAU Luncheon, Atty Peter McQuillan, Lyn Dillies for an Interactive Intergenerational Magic Show ,KevTech Services for teaching us how to use our devices, State Representatives Ryan Hamilton, Estella Reyes, State Senator Payano, City Councilor DJ Beauregard, thank you all for your office hours held at the Senior Center, AND to all of the wonderful volunteers for all that they do daily for our center.



## Fall into a Wonderful Volunteer Opportunity



Your time will be well spent helping local older adults with transportation. You decide when and where to drive.

Call 978-388-7474 or visit [www.driveforneet.org/volunteer](http://www.driveforneet.org/volunteer) to learn more and start helping today!

## OSCAR MOVIE SERIES

### FORREST GUMP

Starring Tom Hanks

Wednesday, September 25, 2024 at 12noon

Upcoming Films:  
The English Patient

## 45's Tournaments

Come Play 45's!  
All are welcome!

### Mondays, September 9 & 23 at 12:30 p.m.

\$3.00 to play

July 22nd Winners: 1st Place: Susan Skaff and Pauline Freeman - 2nd Place: Wendy Sullivan and Rachel Breault

August 5 Winners: 1st Place Joe Gabriel and Frank Watson - 2nd Place Shirley King and Steve Lombardi

## LOSS & TRANSITION BEREAVEMENT SUPPORT

September 25@ 10am

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

## NEW! EXTENDED EVENING HOURS

The Methuen Senior Activity Center is piloting extended evening hours as part of our 40th anniversary year! The Senior Center will be open until 7:00 PM on the following dates: September 19, September 26, October 3 and October 10. During these extended hours, the Center will be open for: Socialization, Cards, Billiards, Services, and Personal Fitness. We're also launching our Sunset Seminar Series produced in full by a grant awarded to the Massachusetts Council on Aging by the Executive Office of Elder Affairs! Sign up today for one or all these exciting seminars by calling 978-983-8825. For more information, please stop by the office and/ be on the lookout for a postcard mailing.

**Wellness is our destination...creativity is in the journey!**

**Thursday, September 19, 5:30 p.m.**

**Presenter: Lisa Buglione-Desharnais**

**Life is not a STRESS rehearsal**

**Thursday, September 26, 5:30 p.m.**

**Loretta LaRoche, International Stress Management Expert**

**How to maintain your career and your sanity while caring for an aging parent?**

**Thursday, October 3, 5:30 p.m.**

**Liz O'Donnell**

**Navigating Solo Aging: Addressing Unique Needs and Building Support**

**Thursday, October 10, 5:30 p.m.**

**Ailene Gerhardt, MA, BCPA, CSA**

**Free Legal Clinic**  
 With Attorney Peter McQuillan  
 2nd Wednesdays of the Month  
 Call today to Schedule an in-person appointment at 978-983-8825

## SHINE NEWS

Need assistance with Medicare? Turning 65 or thinking about your Medicare coverage? SHINE counselors can help you with all things Medicare!

And...mark your calendar: **Medicare Open Enrollment: October 15 – December 7.**

To schedule a SHINE appointment or for more information, stop by the office or call 978-983-8825

## Weekly Blood Pressure Clinics

Tuesdays 9:00am-11:00am

Maggie LeBlanc, LPN and Faith Ouellette, RN

Thursdays 9:00am - 11:00am

Karen Ferullo, RN

More Services...

Beverly Stoebel, Volunteer, is available

Thursdays from 9:00am-1:00pm

to offer support and referral services to those in need. Call 978-983-8825 to request an appointment.

## KARAOKE with DON RICCIO

Tuesday September 24 at 1:30

Come sing your heart out with new & old friends!

## COFFEE WITH A COP

Join the Methuen Police Department at the Methuen Senior Activity Center for some Coffee, Pastry, and a talk of Current Scams in the Merrimack Valley

Thursday September 5, 2024 at 10:30am

## Annual Satisfaction Survey Report

Our annual satisfaction survey was disseminated within the June 2024 newsletter, which was mailed to residents over the age of 60. We received 95 responses, with 64 participants indicating that they attend the Senior Center on a weekly basis! The majority of respondents expressed interest in additional programming during the afternoons and evening programs, which led to the implementation of our extended evening pilot programming. Other feedback included, but was not limited to, increased utilization of the gym, themed dances, aging seminars, and an expansion of our game offerings. If you are interested in learning more about the survey results, please reach out to Liz Otto, Office Support.

Overall, we received wonderful feedback, particularly regarding the appreciation of our talented staff and volunteers. We are planning to roll out different evaluation tools over the course of the year, so please provide your input—this is YOUR Senior Center! YOUR VOICE MATTERS

## FINDERS KEEPERS

### Buried In Treasure SUPPORT GROUP

Support Group for Buried In Treasure members. The Second Friday of EVERY Month @ 10:30 a.m.

## Book Club with Maureen Sharrock

Join us for the launch of our brand-new book club at the Methuen Senior Activity Center, *hosted by COA President Maureen Sharrock!*

September 4, 2024 at 1pm

Whether you're a seasoned reader or just looking to dive into something new, this club is the perfect place to share your love of literature and connect with fellow book enthusiasts. At our first meeting, you'll learn all about the exciting vision for the club, and we'll reveal our first book selection—a captivating read that's sure to spark lively discussions.

Spaces are limited to 15 members, so sign up early to secure your spot in what promises to be a delightful and thought-provoking journey through the pages.

We will meet the first Wednesday of each month. For more information, call the center 978-983-8825

## METHUEN DAY

Come visit the Methuen Senior Activity Center table at Methuen Day!

We're excited to share all the wonderful programs and activities we offer.

Stop by to learn about our upcoming events, chat with our friendly staff, and discover how you can get involved. Whether you're a regular visitor or new to the center, we'd love to see you there!

**Saturday October 5, 2024 from 10am-3pm**

## ENTERTAINMENT

## MUSIC FOR SENIORS

Methuen Senior Center

77 Lowell St.  
978-983-8825

**TUESDAY SEPTEMBER 17, 2024 AT 1PM**

All area seniors are welcome



Reservations required  
CALL 978-983-8825  
TO RESERVE A SPACE

*Entertainment by*  
**HOWIE  
NEWMAN**  
singer-guitarist

**Classic songs from yesteryear, including:**

Frank Sinatra      Neil Diamond  
Elvis Presley      Everly Brothers  
Dean Martin      Johnny Cash  
Beatles      The Drifters

**PLUS** show tunes, standards and more

A sing-along, toe-tapping musical journey from the early 1900s through the 1970s



This performance is supported in part by a grant from Methuen Cultural Council, a local agency supported by the Mass. Cultural Council, a state agency.

## KINDNESS ROCKS

Join Yvonne Paplaskas & Elaine Anderson on September 6th & 20th at 10:00am for a great time painting kindness rocks.

Rocks, paint, and a fun time supplied!

## INFORMATIONAL SESSION

**FALL PREVENTION**

hosted by Accent Care

**Wednesday September 25, 2024 at 10:30am**

Join us for an important Fall Prevention Informational Session at the Methuen Senior Activity Center. Learn practical tips and strategies to keep yourself safe and steady, both at home and in the community. Our expert presenter will cover everything from home safety modifications to balance exercises, empowering you to prevent falls and maintain your independence. Don't miss this opportunity to take proactive steps toward a safer, healthier lifestyle!

## SAVE THE DATES

Housing Tours - Wednesday, October 2  
Happy Hearts Concert— Thursday, October 3  
COA Welcome Back Social— Wednesday, October 9  
Fireman's Senior Supper - October 15, 4-6pm  
Health Fair— Tuesday, October 22  
Senior Variety Show— Wednesday, October 23  
AARP Safe Driving - Monday October 28  
Bewitched, Styles during the Salem Witch Trials -  
Tuesday October 29

## NEW EXTENDED HOURS

**Country Line Dancing**

The Senior Center is excited to host a Country Line Dancing event with Cathy Garland on **Saturday, September 28, from 3-5pm**

Tickets on sale on at the door - **\$5.00 per person**. The ticket includes instructor-led line dancing and refreshments. Grab your partner and get ready for a fun Saturday afternoon at the Senior Center! No partner? No problem, come on down and make new friends!

## EDUCATIONAL ENTERTAINMENT

FOOD SAFETY BINGO

Get ready for a fun and educational experience at our first-ever Food Safety Bingo game, hosted by AgeSpan Nutritionist Leigh Hartwell! Join us for a lively session where you'll learn essential food safety tips while enjoying the excitement of bingo. Leigh will guide us through the game, sharing valuable insights to help you keep your kitchen safe and your meals healthy. Prizes, learning, and fun are all on the menu—don't miss out!

Thursday September 19, 2024 at 10:30am

## KEVTECH SERVICES

**KevTech Services**

Back to Basics with iPhone and iPad

Monday, September 16, 2024 @ 10am

Space Is Limited!

PreRegistration is Required - *Reserve your Spot Today!*

Call the Office at 978-983-8825

## September 11th Remembrance

**Traveling Chef Luncheon**

**Join us for a Remebrance Meal on September 11th at 11:30 am**

**Shrimp & Garlic Wine Sauce  
Creamy Risotto wth Toppings  
caramelized onions, broccoli,  
mushrooms, parmesan  
Garden Salad  
Tiramisu**

**Pre-REGISTRATION REQUIRED, please call the kitchen at 978-983-8832. \$2 per person**

## INFORMATIONAL SESSION

Is It Normal Aging or Is It Memory Loss?

hosted Bridges by Epoch

Monday September 23, 2024 at 10:30am

This program is designed to help you understand the differences between normal aging and potential signs of memory loss. Our expert speaker will provide valuable information on recognizing early signs of dementia, understanding when to seek help, and how to support loved ones experiencing cognitive changes. Empower yourself with knowledge and take the first step in navigating these important conversations.

## DIALOGUE WITH DIRECTOR

Whether you have ideas for new programs, suggestions for improvements, or concerns you'd like to discuss, this is your chance to be heard. Your feedback is invaluable in helping us shape the future of the center. Come be a part of the conversation and make a difference in our community! Every third Friday of the month.

We invite you to join our \*Dialogue with the Director\* program—a monthly opportunity to sit down with Director, Ashley Shaheen, and share your thoughts.

Friday September 20, 2024 @ 10am

## BINGO

Join us for fun-filled sessions of Bingo at the Methuen Senior Activity Center!

Enjoy some friendly competition, great company, and delicious snacks provided to keep the energy up. Whether you're a Bingo pro or just looking for a good time, this event is sure to be a blast. Don't miss out on the fun—bring your friends and see if luck is on your side!

\$ .50 a Card

Monday September 16th & 30th at 1pm

## COA Ambassador Program

If you are interested in becoming part of our Ambassador Program, we invite you to reach out and sign up! By doing so, you'll be matched with an active COA Ambassador. This dedicated individual will guide you through a special tour of the building, accompany you to a program that interests you, and share their own experiences at the center. We understand that sometimes taking the first step is challenging. But with the friendly atmosphere and support of our Ambassadors, we're confident that you'll find the experience enjoyable. Give us a call today!

## FLU CLINICS

CDC recommends everyone 6 months and older get vaccinated every flu season. It takes about 2 weeks for protection to develop after vaccination. There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the influenza viruses believed to be likely to cause disease in the upcoming flu season.

Karen Ferullo, Public Health Nurse, and Public Health Team will be providing flu clinics at the Senior Center starting in October. Exact date is to be determined.

For homebound individuals, please contact Karen Ferullo, as she will make home visits to protect you.

## INFORMATIONAL SESSION

### HEALTH TALKS WITH DR DONALD MARCUS

Dr Marcus hosts a monthly Health Talks Series focusing on a wide range of medical topics affecting seniors today.

Join him for an informational and intimate discussion on Health

**Friday September 6, 2024 at 10am**

Do you need information or direction applying for assistance? Help is available by appointment for: Senior Housing applications, SNAP Food Assistance applications, Food Pantry Information, Health Insurance information, Fuel assistance applications. Call 978-983-8825.

## INFORMATIONAL SESSION

### SENIOR LIVING AT THE YWCA RESIDENCES AT INGALLS COURT

#### SEPTEMBER 10TH AT 2 P.M.

The YWCA Residences at Ingalls Court is excited to invite you to an informative Q&A session focused on the housing options available for seniors aged 62 and over. All interested seniors and their families to attend to learn more about the living opportunities at Ingalls Court. This session is a chance to ask questions, explore the benefits of joining our community, meet the dedicated staff, and discover how the YWCA Residences at Ingalls Court can enhance the quality of life for seniors. Ingalls Court Staff will be on hand to answer all your questions about how to apply, the lottery process, income requirements and restrictions, lottery preferences, financial assistance such as RAFT, property amenities and more. Element Care Staff will be on hand to answer questions about the benefits of how to enroll in the PACE program. This program provides comprehensive medical care for eligible seniors. Care includes both primary care and mental health services. Care is generally provided at the Element Care facility which will be located in the same building but when medically necessary can extend into the home.

## ADOPT A GRANDPARENT

### **\*\*Join Our "Adopt a Grandparent" Program!\*\***

We're inviting you to be part of a heartwarming tradition at our center—the "Adopt a Grandparent" program. In partnership with Methuen High School, this program pairs our seniors with students who visit us weekly throughout the school year. Together, you'll share stories, play games, enjoy field trips, and celebrate special events. It's a wonderful opportunity to form meaningful connections and pass on your wisdom to the next generation. Sign up today and be part of this unique experience where the Eyes of the Past greet the Eyes of the Future!

**Every Wednesday at 2:30pm starting September 18th**