



LETTER FROM OUR DIRECTOR

It's February at the Senior Center!

As we move past January, I hope everyone is staying on track with their New Year's resolutions. For me, it always helps to share my goals with someone close to me to stay accountable—especially during these winter months when it can be so tempting to stay in rather than get out and about. I encourage you to continue engaging in our programs and activities, which are offered daily. From fitness classes to educational opportunities to special events, we truly have something for everyone.

This month, be sure to check out our Black History Month display in the lobby, join in a heart health-themed bingo game, and don't miss our Valentine's Day Dance! We have plenty of exciting programs happening inside—peek at what's coming up and join us at the Senior Center.

We understand that winter can feel isolating, and it can be harder to stay active. If you're feeling the winter blues, please reach out to the PATH program for confidential assistance. For more information, please visit page 12.

Looking ahead, we're also thrilled to announce that starting in March, we will be extending our evening hours and will be open until 7:00 p.m. on Thursdays, March 6 – May 1. Additionally, we're relaunching our Sunset Seminar Series, funded through the SIG. Some of the exciting topics include positive aging, death and dying, solo aging, long-term planning.

We look forward to seeing you soon! As always, if you have any questions or concerns, please don't hesitate to reach out—we want to hear from you.

Stay warm and engaged!

Ashley Shaheen
Council on Aging Director

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*Methuen Senior Activity
Center*

*77 Lowell Street
Methuen, MA
01844*

*M-Th 8am -4pm
Friday 8am-12:30 pm*

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

978-983-8825



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id=61560254214927](https://www.facebook.com/profile.php?id=61560254214927)

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.

**Liz Otto,
Office Support,
6 months**



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

I earned a Bachelor of Science Degree in Business Administration with a Concentration in Accounting from Merrimack College. I also pursued my graduate studies in Business Management. In addition, I have a Real Estate License, (currently inactive), and worked in the industry during the 80's and 90's. I worked for twenty-three years at Merrimack College in various academic offices. I retired from the College in 2020 to spend time in Newburyport with my daughter and new granddaughter. It is sometimes said that timing is everything. I grew up in Methuen and my mother still lives in the city. When the opportunity came up to join the Methuen Senior Activity Center as part-time office support, I thought what a better time to reconnect with my roots than in this beloved city.

2. What do you enjoy most about your job?

There is an extraordinary feeling when you know that you are helping others. I also have had the opportunity to reconnect with some of the individuals I grew up with. It has been a thoughtful transition for me. The job also keeps me dabbling in office support which is what I love to do. Lastly but not lightly I love the entire staff. They are so helpful, friendly, and passionate about this Senior Center. I am learning something new every day.

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

I think most seniors know that we are here to support and encourage friendship and camaraderie. I wish more of them knew just how many opportunities they have to engage with people in the community. We want our seniors to be happy and healthy both socially and physically.

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

I love my family and they are my world. I spend countless hours with my 4 year old. I have many hobbies, hiking, knitting, sewing and many others. I love traveling and the arts. I love the ballet and musical theater. I also spend a lot of time with my Mom. My life is full and I am so grateful.

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

Council on Aging Board

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

METHUEN SENIOR ACTIVITY CENTER BOARD OF TRUSTEES

EXECUTIVE COMMITTEE

Gen Marks, President
Regina McCarthy, Vice President
Tom Gradzewicz, Clerk
Dan DiBurro, Treasurer
Marilyn Freeman, Trustee Representative
Maureen Sharrock, COA Chair
Don Marcus, COA Representative
Ashley Shaheen, Executive Director

TRUSTEES

Judith Anselmi, Debra Blood,
Linda Bongiorno, Yolande Bourassa,
Diane Corriveau, Al D'Agata, Barbara D'Agata, Dan
DiBurro, Nancy Donigian, Evelyn Ebert, Barbara Ell,
Marilyn Freeman, Fran Gradzewicz, Gwen Lariviere,
Randi Mayfield, Regina McCarthy, Josephine
McDougall, Yvonne Paplaskas, Don Riccio, Cheryl
Sirois, Peggy Trudel

Associate Members: Jennifer Loiselle, Sue Riccio

INSPIRATIONAL QUOTE

“In the coldest February, as in every other month in every other year, the best thing to hold on to in this world is each other.” — Linda Ellerbee

RESOURCE PAGE

CLINICS

BLOOD PRESSURE CLINIC

Tuesdays 9:00am-11:00am

Maggie LeBlanc, LPN and Faith Ouellette, RN

Thursdays 9:00am - 11:00am

Karen Ferullo, RN

FLU CLINIC

with the City Nurse Karen Ferullo

Thursdays

from 11am-2pm

SHINE NEWS

You may have a Special Enrollment Period (SEP) to make changes to your Medicare plan for a limited time. Most SEPs are limited to specific situations. If you are currently enrolled in a Medicare Advantage Plan (HMO, HMO-POS, PPO) you can change to Original Medicare with a Medigap and a Drug Plan or change to a different Medicare Advantage Plan through the end of March. Also, if your 2024 plan is no longer available in 2025, or if you are eligible for a Medicare Savings Program, you may have a SEP to make a change. Timelines vary for these SEPs so be sure to reach out to SHINE to learn of your options. A SHINE counselor will review your coverage and will help determine if you are qualified to make a change at this time of year.

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 to help you understand Medicare and your options.

Our SHINE counselor will be available for Virtual Appointments on Mondays starting January 1st. Appointments are limited - please call to schedule your appointment today at 978-983-8825.

SUPPORT GROUPS

LOSS & TRANSITION BEREAVEMENT SUPPORT

February 19, 2025 at 10am

For information, call Jacquie Marchand, bereavement coordinator at Beacon Hospice at 978-837-3333.

Buried In Treasure SUPPORT GROUP

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

A New Year, a New Opportunity to Volunteer

Get Involved! Make a difference!

Volunteer to drive 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 to learn more.

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.

LEGAL ASSISTANCE

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

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 Aeroflex & Weights with Pat ~ 9:30-10:15 Gentle Yoga with Pat ~ 10:00-12:00 Painting ~ 1-3:00 Mahjong	8:45-9:30 Cardio Aerobics & Weights with Val ~ 9:00-11:30 Ceramics ~ 9:00-11:00 Blood Pressure Clinic ~ 9:30-10:15 Line Dancing with Val ~ 12:30-3:00 Ceramics ~ 12:30-1:15 Tai Chi ~ 1:00 Beginner 45's ~ 1:00-3:00 Dominoes	8:30-9:15 Balance, Bones & Brain with Brian ~ 9:00-11:00 Quilting ~ 9:30-10:15 Balance, Bones & Brain with Brian ~ 10:30-11:15 Zumba ~ 10:00-12:00 Painting ~ 2:30 -3:45 Adopt A Grandparent	8:30-9:15 Gentle Yoga with Pat ~ 9:00-11:00 Blood Pressure Clinic ~ 9:30-10:15 Aeroflex & Weights with Pat ~ 1:00-3:00 Bridge Group ~ 1:00-3:00 Happy Hearts Chorus ~ 1:00 Whist	8:30-9:15 Yoga with Joan ~ 9:00-11:00 Quilting Circle ~ 9:30-10:15 Yoga with Joan ~ 10:30-11:15 Line Dancing
Please bring a change of <u>Indoor Shoes</u> to Workout Classes & the Gym				

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 in our
Thrift Shop
open 9am-3pm***

Tucked away like a well-kept secret, our Thrift Shop is the go-to destination for savvy shoppers looking to uncover hidden gems.

****Tuesday, February 18, 2025 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 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

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.

FEBRUARY 3 1PM BINGO
FEBRUARY 4 9-12PM OPEN ARTS
FEBRUARY 4 10:30AM LEARN TO PLAY!
MANCALA
FEBRUARY 5 1PM BOOK CLUB
FEBRUARY 5 2:30PM ADOPT A GRANDPARENT
FEBRUARY 6 10:00AM THE TALK
FEBRUARY 6 1-3PM HAPPY HEARTS!
FEBRUARY 7 10AM KINDNESS ROCKS
FEBRUARY 10 10:30-12:30PM CAPTION CALL
INFORMATIONAL TABLE IN LOBBY
FEBRUARY 10 12:30PM 45'S GAME
FEBRUARY 11 10AM AMBASSADOR COFFEE
HOUR
FEBRUARY 11 10:30AM LEARN TO PLAY!
MANCALA
FEBRUARY 11 1-3PM KINDNESS DANCE
FEBRUARY 12 11:30AM TRAVELING CHEF -
SHRIMP OR CHICKEN PAELLA WITH ONIONS
AND MUSHROOMS
FEBRUARY 12 2:30PM HEALTH DEPARTMENT
KINDNESS BINGO WITH ADOPT A
GRANDPARENT

FEBRUARY 13 1-3PM HAPPY HEARTS
FEBRUARY 14 10AM BRIGHTVIEW HEART HEALTH
COOKING DEMO
FEBRUARY 17 CLOSED
FEBRUARY 18 THRIFT SHOP BAG SALE
FEBRUARY 18 10:30AM LEARN TO PLAY!
MANCALA
FEBRUARY 18 1:30PM KARAOKE
FEBRUARY 18 MOBILE MARKET
FEBRUARY 19 10:00AM LOSS & TRANSITION
FEBRUARY 19 12:30PM BINGO
FEBRUARY 19 2:30PM ADOPT A GRANDPARENT
FEBRUARY 20 10AM THE TALK
FEBRUARY 20 1-3PM HAPPY HEARTS
FEBRUARY 21 10AM KINDNESS ROCKS
FEBRUARY 21 10AM DIALOGUE WITH DIRECTOR
FEBRUARY 24 1230PM 45S
FEBRUARY 25 12:30PM MOVIE - THE HELP
FEBRUARY 26 12:30PM FAMILY FEUD GAME
FEBRUARY 26 2:30PM ADOPT A GRANDPARENT
FEBRUARY 27 10:30AM CRAFT CLASS
FEBRUARY 27 1-3PM HAPPY HEARTS
FEBRUARY 28 10AM GAMES DAY

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

- Adopt A Grandparent meets every Wednesday at 2:30pm
- Ambassador Coffee Hour held the Second Tuesday of the Month at 10am.
- Beginners 45s meets every Tuesday at 1pm
- Dialogue with the Director meets the 3rd Friday of the month at 10am.
- Happy Hearts meets every Thursday at 1pm
- Kindness Rocks meets the 1st and 3rd Friday of the Month at 10:00am.
- Loss & Transition Bereavement Group meets the 3rd Wednesday at 10am.
- Path Program meets Every Monday & Wednesday from 12-3pm.

Visiting Office Hours with your Public Officials

Congresswoman Lori Trahan - February 5, 10am-2pm
Senator Pavel Payano – February 5, 10am-12noon
Mayor DJ Beauregard – February 5, 12noon
Rep. Estella Reyes – February 14, 10-12noon
Rep. Ryan Hamilton February 7 & 21, 10am – 12noon

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

Monthly Birthday Club

We are excited to celebrate YOU! On the fourth 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.

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 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!

OPEN ART SESSIONS

Tuesday February 4 from 9-12pm

Calling all artists! Whether you're painting, drawing, sculpting, crafting, or working in any other medium, Open Art is the perfect space to unleash your creativity. Bring your current project and join us for a relaxed, collaborative environment where artists of all kinds can work, share ideas, and inspire one another.

Why art alone when you can create surrounded by a community of like-minded creators? Stop by, get inspired, and see where your creativity takes you!

What to Bring: Your materials and your imagination!

We can't wait to see what you're working on!

THE TALK

Thursday February 6 & 20, 2025 @ 10am

Join The Talk, a welcoming and inclusive group where everyone is invited to share their thoughts, discuss current events, or talk about anything on their mind. It's a space for open conversation, lively debate, and meaningful connections. Come join the discussion and be part of a supportive and engaging community!

BOOK CLUB

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

February 5, 2025 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.

LEARN TO PLAY MANCALA

Celebrate Black History Month with Mancala!

Join us *every Tuesday starting February 4th, from 10:30 AM to 12:30 PM*, for a special series celebrating Black History Month. We'll be learning to play Mancala, an ancient African game that has been enjoyed for centuries. This free event is a fantastic opportunity to connect with friends, old and new, while diving into a rich cultural tradition. Don't miss out on the fun and learning—come and experience the joy of Mancala!

Big Thanks... to all who contributed to the services and programming in January including: DJ Jay Dowd for playing a Dance Party for our Cheers to the New Years, Agespan for the Traveling Chef Meal, National Grid for the Informative Utility Resource Fair; to State Representatives Ryan Hamilton, Estella Reyes, State Senator Pavel Payano, Mayor DJ Beauregard, thank you all for your office hours held at the Senior Center; AND to all of our wonderful volunteers for all that they do daily for the Methuen Senior Activity Center.

HEART & SOUL DANCE

HEART & SOUL DANCE FEATURING DJ JAY DOWD

Get ready to dance the afternoon away at our Heart & Soul Dance on
Tuesday, February 11, 2025
from 1 - 3PM.

This free event is the perfect opportunity to connect with old friends and make new ones while enjoying great music and a lively atmosphere. Don't miss out on the fun—bring your dancing shoes and your best moves!

CAPTION CALL INFORMATIONAL TABLE

Monday February 10, 2025
10:30 - 12:30pm

Learn about Caption Call and Get a Free Home Phone!

45's TOURNAMENTS

Come Play 45's!
All are welcome!

Monday, February 10 & 24 @ 12:30 p.m.
\$3.00 to play

December 30th Winners: 1st Ann Turner & Pauline Freeman - 2nd Al Dagata & Jessie Grace

December 2 Winners: 1st Carol Tudisco & Gloria Descheme - 2nd Mike Welch & Mike Alaccuo

TRAVELING CHEF

Traveling Chef Meal

Wednesday February 12, 2025
at 11:30am

Paella with Chicken or Shrimp,
Mushrooms and Onions, Tres Leche
Cake, Snowflake Roll

Enjoy a Delicious meal for \$2 including music,
good conversation, old & new friends!

Space is Limited to 150 people.
Register Today 978-983-8825

ADOPT A GRANDPARENT

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**, Join us at anytime!

Disclaimer: We do our best to ensure accuracy in the newsletter, however; often times there are last minute program changes and/cancellations. For the most up to date information, please call the Senior Center.

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 at the Senior Center and on them throughout the trip.**

DAY TRIPS

We Will See you Again in 2025!

EXTENDED TOUR TRIPS

Oct 5-12, 2025 - Discover Americas Music Cities. Sheraton New Orleans, New Orleans, Louisiana, The Inn at Ole Miss, Oxford, MS, The Guest House at Graceland, Memphis, Tennessee, Gaylord Opryland Resort, Nashville, Tennessee. \$4,599pp

March 5-13, 2026 - San Jose, Coffee Plantation, Arenal Volcano, Cano Negro Refuge, Lake Arenal Cruise, Farm Tour and Lunch, Monteverde Cloud Forest, Choice on Tour: Monteverde Hanging Bridges or Canopy Adventure, Guanacaste. \$3,499pp

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 December 2024 winners:

Joline Pomerleau \$174.80

Maureen Murphy \$104.88

Debra Rovinski \$69.92

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 were received by the Center in honor of
Jack Mahoney*

ATTENTION PARTICIPANTS! WINTER WEATHER INSTRUCTIONS

If Methuen schools are closed due to inclement weather, the Center is CLOSED.

Look for postings on the TV or the internet.

Methuen's website is:
www.cityofmethuen.net



If schools are not closed, but it has begun snowing in the early hours and the storm is due to continue throughout the morning, please call the Center (978-983-8825) to find out if we are open for activities and classes. Because of plowing issues, we often have to cancel the early morning class because we cannot guarantee that the parking lot will be plowed in time.

Please be sure you have the Center's phone number 978-983-8825

so that you can call if there is any question.

A MESSAGE WILL BE POSTED ON THE
ANSWERING MACHINE AT 7:00AM.

Our main concern is for your safety!
THANK YOU FOR YOUR COOPERATION

CRAFT CLASS RETURNS

Crafting with Jennifer Returns!

Thursday February 27, 2025 at 10:30am



Macrame Leprechaun Gnomes

This fun and intimate setting is welcoming to all, regardless of ability level. Come learn a craft, share a craft, and leave with something special you made! It's also a wonderful opportunity to meet and chat with Jennifer, our Activity Coordinator. Join us for creativity, connection, and community—you won't want to miss it!

*Limited Spaces, Register Today at 978-983-8825
\$5 Due at Registration*

BINGO

Get ready for some exciting Bingo games this February!

- **Monday, February 3rd, at 1:00 PM:**
Enjoy a fun-filled afternoon of Bingo.
- **Wednesday, February 12th, at 2:30 PM:** Don't miss our special Valentine's Day Bingo game, hosted by the Health Department. This event is free and promises lots of fun and prizes!
- **Wednesday, February 19th, from 12:30 PM to 2:15 PM:** With a Monday Holiday, enjoy a Second Bingo game on Wednesday Afternoon, then join us for Adopt A Grandparent!

These events are a great chance to win prizes, enjoy some friendly competition, and connect with friends. All games are free and open to everyone. Come and join the fun!

SUGGESTION BOX

WE LOVE TO HEAR FROM YOU!

We're excited to announce our new suggestion box! Your ideas are important to us, and we're thrilled to hear your feedback. We're already reviewing the suggestions we've received and look forward to implementing some of them in the new year. Together, we can continue making the Senior Center a place you love to visit. Don't hesitate to share your thoughts—your voice matters!

HEART HEALTH

Join us for a special Heart Health Cooking Demo hosted by Brightview!

Friday February 14, 2025 at 10am

Learn how to prepare delicious and heart-healthy meals that are both nutritious and easy to make. This event is a fantastic opportunity to gain valuable cooking tips, enjoy tasty samples, and improve your overall well-being. Don't miss out on this informative and fun session!

PATH PROGRAM

The PATH Methuen **Community Response Team** is excited to begin holding office hours at the Methuen Senior Activity Center! The PATH program is a collaboration between the City of Methuen and Front-Line Community Services. PATH provides access to mental health services ranging from Crisis Intervention alongside of Methuen Police Department, our new Community Response Team, and Rapid Outpatient providing access to short-term therapy. The Community response team will be hosting office hours at the Methuen Senior Activity Center. These are hours for anyone who has questions in regard to mental health, is seeking access to resources, or just wants to chat. This is a FREE resource being offered so stop by and say HI!

For more information please call 978-983-8825

**Community Response Team Hours: Tuesdays
12-4pm & Wednesdays 12-3**

TAX APPOINTMENTS

Tax Preparation appointments are being taken at the Methuen Senior Activity Center Call the Center for more Information or to Schedule your appointment today. Office 978-983-8825

SCHOLARSHIP INFORMATION

The Board of Trustees of the Methuen Senior Activity Center is pleased to announce the creation of a named scholarship commemorating Rene and Elaine Morissette, founders and longtime leaders of the Center, and their selfless service, community involvement, civic engagement, and dedication to the seniors of Methuen.

The Board of Trustees of the Methuen Senior Activity Center will award two (2) \$2500.00 scholarships in 2025 to students who fostered the commitment of the Morissettes and helped realize their vision through active service to the city of Methuen and its constituencies, especially the senior citizens/aging population of Methuen. Information regarding applicant criteria and application process will be available soon.

Dear Methuen Senior Citizens,

There is an effort underway to update the city's roadway listing. There are streets listed that no longer exist and need to be identified. As an example: Sanborn Court off Osgood Street was eliminated by the construction of the Merrimack Valley National Bank on the corner of Broadway and Osgood Street.

This was discovered using a 1919 Methuen map. Therefore, we are asking for old maps of the city to help identify streets that existed in the past but are no longer in the city.

**Any questions, please contact Mike Welch,
978-618-2279 or mikewelch2@icloud.com.**

GAMES

BOARD GAMES DAY

FRIDAY FEBRUARY 28, 2025 @ 10:30AM

Come and have some fun at our Board Games Day! Bring your competitive spirit and enjoy classic games with friends old and new. It's a great way to relax, laugh, and connect—don't miss out!

FAMILY FEUD GAMES DAY

Wednesday February 26, 2025 @ 12:30

Gather your friends and form a team for an exhilarating game of Family Feud!

Seniors are invited to create their own teams of 3 or more friends and register to play. Join us in the auditorium for a lively and competitive Family Feud-style game, where you can test your knowledge and teamwork skills. Enjoy delicious food and compete for fantastic prizes!

This event is proudly sponsored by Cedarview. Don't miss out on the fun—register your team today and get ready for an unforgettable experience!

KARAOKE with DON RICCIO

Tuesday February 18, 2025 at 1:30PM

Come sing your heart out with new & old friends!

WINTER MOVIE SERIES

Tuesday February 25, 2025 @ 12:30pm



Set in the 1960s in Jackson, Mississippi, *The Help* is a powerful and moving film that explores the lives of African American maids working in white households. Through the eyes of Skeeter, an aspiring writer, and the courageous maids Aibileen and Minny, the film delves into themes of racism, courage, and the fight for dignity and respect. *The Help* is a poignant story of friendship and resilience that will leave you inspired and deeply moved.

The new application for next year's Senior Tax Work Off Program will be available after December 1. For more information, please contact Sandy Almonte, ADA/DEI Coordinator for the City of Methuen at 978-983-8564.