



Message from the Center

Dear COA Participants,

I am writing to inform you that I have accepted a new position and my last day serving as the Executive Director for the Methuen COA was February 14.

This decision comes with a heavy heart, but I believe it is the right step for me at this point in my professional journey.

It has been an incredible honor to serve this community—one that has meant so much to me throughout my life. I am proud of the work we've done together. Our mission at the Senior Center is greater than any one individual, and I am confident that the center will continue to grow and thrive under new leadership.

I'm pleased to share that Sue Riccio, Assistant Director, has been asked to serve as Interim Director, and she has graciously accepted the role. I've had the pleasure of working alongside Sue and have witnessed firsthand her deep passion for advocating for older adults and her commitment to ensuring that everyone has the opportunity to "age well."

During my remaining time here, I will continue to work closely with the talented and dedicated staff whom are also dedicated to serving our elder community, and the city to ensure a smooth and seamless transition.

Ashley Shaheen

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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)

Sunset Seminars

Program Title: Sleep Smarter - Understanding Sleep for a Healthier and Happier You!

Date & Time: March 6, 2025; 5:30 PM – 6:30 PM

Presenter: Laurie Kurdziel, Ph.D.

Program Description: Sleep is essential to overall health, yet many of us don't get enough of it—especially as we age. In this talk, we'll explore the science of sleep, from how our bodies cycle through different sleep stages to the critical role rest plays in cognitive function, physical health, and emotional well-being. We'll discuss how sleep patterns naturally change with age, common sleep challenges seniors face, and practical tips to improve sleep quality for better energy, memory, and overall vitality.

Program Title: Brain Health: Strategies to optimize Cognition

Date & Time: March 13, 2025; 5:30 PM – 6:30 PM

Presenter: Deborah Green-LaRoche, MD

Program Description: Deborah Green-LaRoche, MD is an Investigator at ActivMed Research Methuen, Methuen, MA, and Boston Clinical Trials, Roslindale, MA. She is a board-certified Neurologist, Neurointensivist and Vascular Neurologist, and Professor of Neurology and Neurosurgery. She has participated as an Investigator in more than 100 clinical research trials over the past 20 years and has published and lectured extensively on a variety of neurological topics.

Program Title: "Lets talk about Death" – A conversation about life's final chapter

Date & Time: March 20, 2025; 5:30PM – 6:30 PM

Presenter: Reverend Jessica Johanssan, MDiv, CPC

Program Description: Join end-of-life doula Jessica Johansson for an open and thoughtful discussion about the realities of aging and preparing for life's final chapter. This engaging talk will explore essential topics such as advance care planning, legacy and meaning, end-of-life choices, and how to approach mortality with grace and intention. Whether you're facing these questions yourself or supporting a loved one, this session offers a space for honest reflection, practical guidance, and compassionate conversation. Let's break the silence around death and empower ourselves to make informed, meaningful decisions.

Title: Mitochondrial Aging

Date & Time: March 27, 2025; 5:30 PM - 6:30 PM

Presenter: Leena Barath, Ph.D.

Program Description: Chronic Inflammation is widely recognized as the underlying initiator of several diseases during aging. We can prevent or mitigate Inflammation by activating a cellular recycling process known as "autophagy" through diet and exercise. This lecture introduces the audience to the process of autophagy and ways to enhance autophagy to harness its benefits

The Senior Center will be open until 7:00PM Thursdays March 6th, 13th, 20th, 27th, April 3rd, 10th, 17th and May 1st

During these extended hours, the Center will be open for Socialization, Cards, Billiards, Services, Personal Fitness, and more.

The Sunset Seminars have been produced in full by a grant award 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.

METHUEN ELDER AFFAIRS

Council on Aging Staff

Susan Riccio, Interim 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

Dr. Donald Marcus, DVM

Alfred D'Agata

Christine Metzemaekers

METHUEN SENIOR ACTIVITY CENTER BOARD OF TRUSTEES

EXECUTIVE COMMITTEE

Genevieve Marks, President

Regina McCarthy, Vice President

Dan DiBurro, Treasurer

Tom Gradzewicz, Clerk

Sue Riccio, Interim Executive Director

Donald Marcus, COA Representative

Marilyn Freeman, Trustee Representative

Maureen Sharrock, Chair Council on Aging

TRUSTEES

Ken Ackroyd, Judith Anselmi, Debra Blood,

Linda Bongiorno, Yolande Bourassa, Diane

Corriveau, Al D'Agata, Barbara D'Agata, Nancy

Donigian, Evelyn Ebert,

Barbara R. Ell, Fran Gradzewicz, Pauline Hoh,

Shirley King, Gwen Lariviere, Randi Mayfield,

Yvonne Paplaskas, Don Riccio,

Marguerite Trudel

INSPIRATIONAL QUOTE

"March is a tomboy with tousled hair, a mischievous smile, mud on her shoes, and a laugh in her voice."
— Hal Borland

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

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.



Northern Essex Elder Transport, Inc.

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.

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

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

March 19, 2025 at 10am

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

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
<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>
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, March 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.

MARCH 3 12:30PM 45'S TOURNAMENT -
SPONSORED BY ASPEN HILL
MARCH 4 9-12PM OPEN ARTS
MARCH 4 10:30 COLLETTE TRIPS
PRESENTATION - EXTENDED TOURS
MARCH 4 1:30PM COMEDIAN DAVID SHIKES -
SPONSORED BY ASPEN HILL
MARCH 5 1PM BOOK CLUB
MARCH 5 2:30PM ADOPT A GRANDPARENT
MARCH 6 10AM THE TALK
MARCH 7 10AM KINDNESS ROCKS
MARCH 7 10-12PM PHOTOGRAPHY CLASS
STARTS WITH NANCY REARDON
MARCH 10 1PM BINGO - SPONSORED BY ASPEN
HILL
MARCH 11 10AM COFFEE HOUR AMBASSADORS
MARCH 11 12:30PM SEWING GUILD
MARCH 12 2:30PM ADOPT A GRANDPARENT
MARCH 12 11:30AM TRAVELING CHEF \$2
MARCH 13 10:30AM HEART HEALTH WITH
AGESPAN

MARCH 14 10-12PM PHOTOGRAPHY CLASS
MARCH 17 12:30PM 45'S TOURNAMENT
MARCH 18 THRIFT SHOP BAG SALE ALL DAY \$5
MARCH 18 1:30PM KARAOKE
MARCH 19 10AM LOST IN TRANSITION
MARCH 19 11:30AM HOUSING TOUR - GIVING
TREE
MARCH 19 1PM GRANDPARENTS RAISING
GRANDKIDS
MARCH 19 2:30PM ADOPT A GRANDPARENT
MARCH 20 10AM THE TALK
MARCH 21 10AM KINDNESS, ROCKS
MARCH 21 10-12 PHOTOGRAPHY
MARCH 24 1PM BINGO
MARCH 25 10AM MOVIE - ON THE BASIS OF SEX
MARCH 26 2:30PM ADOPT A GRANDPARENT
MARCH 27 10:30AM CRAFT CLASS WITH
JENNIFER
MARCH 28 10AM GAMES DAY
MARCH 28 10-12PM PHOTOGRAPHY CLASS
MARCH 31 12:30PM 45'S TOURNAMENT

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.
- *Office Hours with Interim Director Susan Riccio Every Friday at 10am.*
- Path Program meets Every Monday & Wednesday from 12-3pm.
- Whist meets every Thursday from 1-3

Visiting Office Hours with your Public Officials

Senator Pavel Payano – March 5, 10am-12noon
Mayor DJ Beauregard – March 5, 12noon
Rep. Estella Reyes – March 7, 10-12noon
Rep. Ryan Hamilton March 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 ELDERLY 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 March 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 March 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!*

March 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.

ENTERTAINMENT

FREE COMEDY SHOW featuring David Shikes

Tuesday March 4, 2025 at 1:30pm

Get ready to laugh! Comedian David Shikes is coming to the center for the first time, bringing his hilarious humor for a fun-filled afternoon you won't want to miss. Join us for an unforgettable time of laughter and good company.

This event is proudly sponsored by Aspen Hill.


Big Thanks... to all who contributed to the services and programming in January including: DJ Jay Dowd for playing a Dance Party for our Heart & Soul Dance, Agespan for the Traveling Chef Meal, the Health Department for a Heart Health Bingo, to Brightview for a Heart Healthy Cooking Demo, to Caption Call for their Informative Session, to Attorney Peter McQuillan for Free Legal Consultations; 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.


EXTENDED TOURS

Collette Extended Tours Presentation

Tuesday March 4 at 10:30am

Ready to embark on the adventure of a lifetime? Join us for a special Collette Extended Tours presentation, where you'll discover two incredible travel opportunities!

 **America's Music Cities Tour** – Experience the soulful sounds of Nashville, Memphis, and New Orleans, exploring the rich musical heritage that shaped the nation.

 **Costa Rica Adventure** – From lush rainforests to breathtaking beaches, dive into the vibrant culture and stunning landscapes of Costa Rica on this unforgettable journey.

45's TOURNAMENTS

Come Play 45's!
All are welcome!

Monday, March 3, 17 & 31 @ 12:30 p.m.
\$3.00 to play

January 13th Winners: 1st Carol Tudisco & Gloria Deschene - 2nd Mike Alaimo & Mike Welch

January 27th Winners: 1st Frank Lombardi & Marie Wolfendale - 2nd Ann Turner & Shirley King

TRAVELING CHEF

Traveling Chef Meal

Wednesday March 12, 2025 at 11:30am

Baked Potatoe Bar
featuring

Beef Chili, Cheddar Cheese, & Sour Cream

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

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

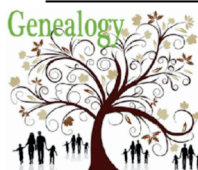
ADOPT A GRANDPARENT

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!

INFORMATIONAL SESSION

GENEALOGY WITH BEV BROWN



Find your Roots - Let's
Begin

Every Monday in March at
10:30am

*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**

DAY TRIPS

- April 29 - Newport Playhouse 'Baggage'. \$141. 9:15am
- May 20 - Mt Washington Cruise 'Cruisin with the King'. \$151. 10:45am
- June 19 - Ogunquit Playhouse 'Guys & Dolls'. \$161. 9:45am
- July 16 - Charles Riverboat & Cheesecake Factory. \$141. 9am
- August 19 - Danversport Yacht Club 'Roy Orbinson Tribute'. \$131. 10:45am
- September 17 - Quabbin Reservoir & Salem Cross Inn. \$131. 8:30am
- October 6 - Winnepesaukee Railroad & Harts Turkey. \$141. 9:45am
- November 12 - Castleton, Windham NH. \$89. 11:30am
- December 9 - Danversport Yacht Club 'Christmas with Carpenters' . \$131. 10:45am

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 February 2025 winners:

Theresa Mosher \$175.75

Cecelia Dube \$105.45

Frances Campone \$70.30

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

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!

Box is in the Lobby.

HOUSING TOUR

Giving Tree Housing Tour

Wednesday March 19, 2025

Van Leaves Center at 11:30am

Thinking about new housing options? Join us for a guided tour of Giving Tree to explore what's available and get your questions answered! This is a great opportunity to see the community, learn about different living arrangements, and enjoy a free lunch while connecting with others.

PHOTOGRAPHY CLASS

Photography Class with Nancy Reardon

Begins March 7th at 10am

Join us for a six-week Basic Photography Class with Nancy Reardon! Designed for beginners, this class will cover the fundamentals of photography and help you get the most out of your point-and-shoot camera. The cost is just \$20 for the entire class, and participants must bring their own camera. Space is limited, so sign up today and start capturing life's moments with confidence!

CRAFT CLASS RETURNS

Crafting with Jennifer Returns!

Thursday March 27, 2025 at 10:30am



Clothespin DragonFlies

Join us for a fun and creative craft class where we'll be making adorable clothespin dragonflies! Using simple materials like clothespins, pipe cleaners, and colorful wings, you'll create your own whimsical dragonfly to take home. 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

HEART HEALTH

Heart Health with AgeSpan Nutritionist Leigh Hartwell

Thursday March 13, 2025 @ 10:30 am

Take charge of your heart health! Join us for an informative session with AgeSpan to learn valuable tips on maintaining a healthy heart and improving your overall wellness. Don't miss this opportunity to prioritize your health and gain expert advice.

SCHOLARSHIP INFORMATION

The Board of Trustees of the Methuen Senior Activity Center is pleased to announce the establishment of the Rene and Elaine Morissette Scholarship. The inaugural awards will be made in 2025 of \$2500 each to two (2) graduating seniors who are Methuen residents.

The Morissettes were engaged in the cultural, spiritual, and educational communities of Methuen and envisioned a “home away from home” for the senior citizens of Methuen. To commemorate the Morissette commitment to selfless service, community involvement, civic engagement, and their dedication to the senior citizens of Methuen, the Board of Trustees will present scholarships to two students who fostered the commitment of the Morissettes and helped realize their vision through active service to the city and its constituencies, especially the senior citizens/aging population of Methuen.

Scholarship application and process, requirements, and selection criteria are available at
www.cityofmethuen.net/877/The-Rene-and-Elaine-Morissette-Scholarsh

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 MARCH 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!

GRANDPARENTS RAISING GRANDKIDS

Wednesday March 19, 2025 @ 1pm

Are you a grandparent or relative raising children? Not your own. This group run by way soon. HHS has a special emphasis on relatives raising children with disabilities. Topics can include behavioral health, talking to kids about addiction, finding time for yourself and other experiences.

Join this In-person Kinship Support Group!

KARAOKE with DON RICCIO

Tuesday March 18, 2025 at 1:30PM

Come sing your heart out with new & old friends!

WINTER MOVIE SERIES

Tuesday March 25, 2025
@ 10am



Join us for a powerful film about the incredible journey of Ruth Bader Ginsburg, long before she became a Supreme Court Justice. On the Basis of Sex tells the inspiring true story of her fight for gender equality and the groundbreaking case that helped change history.

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.