



From the desk of the Director

Can you believe August has arrived? Sometimes I feel like life goes by way to fast. I hope you all have been having a wonderful summer filled with fun, laughter and family.

Today, I write this column as the new Executive Director of the Methuen Senior Activity Center. I come to you following the footsteps of amazing women who had this title before me.

- The first Director who paved the way for a place to call your second home, Evelyn Rudis. I never had the opportunity or pleasure to meet her in person, but I have been told the stories of how she was the cornerstone in this beautiful facility.
- Corinne (LaCharite) Johnson, the women I worked under for 23 years! This woman was a powerhouse! She was involved in every facet of the center and every organization that could help growcenter.
- Linda Sheehan, another powerhouse! Linda had the right words and the dedication to keep this center vibrant! When we had the flood that closed our doors for another close to 6 months, she was always concerned about the seniors in our community! She kept our spirits high and, most importantly, having the staff reach out to our seniors in the community
- Ashley Shaheen, Dynamic young lady though her stay was short, I learned so much from this powerhouse! She gave her heart and soul to this center and the participants.

My hope is to have a little bit of each of these wonderful ladies while working in this capacity, one day at a time, one wish to make come true, a day at a time.

I am asking you, the community, what it is that you would like to see at YOUR senior center! Together, we will keep this dwelling filled with great events, most of all, great people! YOU!

My door is open! I want to meet you! Monthly, we will have "Lunch with the Director and a staff member" so you can learn more about us. My heart is the Methuen Senior Activity Center where this September I will be celebrating 27 years of service to the community! I want to thank the Mayor, the City Council for believing and all those who believed in me. It was your prayers that made it happen! I am truly grateful!

No one does the job alone, the wonderful staff here Maribet Torres, Jennifer Loiselle, Cheryl McQuillan, Liz Otto all the volunteers, we look forward to working with all of you! Now onto the work that I would like to accomplish while sitting in this seat and working for and with you!

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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



Follow Us
on
Facebook

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

NEW PROGRAM

LUNCH WITH THE CENTER STAFF

This program is new to the center. We would like to meet you and hear about what you would like to see at your Senior Center!

Meet the ladies who work daily in the kitchen to help bring nutritional valued meals to you. Laura and Susan are instrumental in the congregate meals and the Meals on Wheels program.

On August 28, Maribet Torres, Office Manager and Susan Riccio, Executive Director of your Senior Center invite you to have lunch to make a connection to your senior center and new friendships.

On the menu:

Breaded Chicken, Marry Me Sauce, Couscous, Green beans, Cupcake, & Dinner Roll - ALL for \$2

After lunch we will tour the center and you can see what we offer!

Call the center for reservation!
978-983-8825

LOOKING FOR VOLUNTEERS

Do you have a skill you're excited about?
Share it with our seniors!

We're looking for community members of all ages to lead one-time or short-series workshops, classes, or informal "tell-us-how-you-do-it" talks at the Methuen Senior Activity Center. Whether you're a master gardener, tech whiz, baker of legendary cookies, or an avid traveler with stories to tell —our participants are eager to learn from you.

A few ideas our members have asked for:

- Watercolor or jewelry making
- Knitting & Crotchet
- Cooking for one or two
- Beginner Spanish or ASL
- Writing, Poetry
- (Surprise us with something new!)

Ready to inspire? Contact Jennifer Loiselle at 978-983-8825

Let's keep lifelong learning alive—one passion project at a time!

METHUEN ELDER AFFAIRS

Council on Aging Staff

Susan Riccio, Executive 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
Alfred D'Agata
Christine Metzemaekers
Stephen Alfano
Judith Anselmi
Aura Fluet

METHUEN SENIOR ACTIVITY CENTER BOARD OF TRUSTEES

EXECUTIVE COMMITTEE

Genevieve Marks, President
Regina McCarthy, Vice President
Dan DiBurro, Treasurer
Tom Gradzewicz, Clerk
Sue Riccio, 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, Nancy Donigian,
Barbara R. Ell, Fran Gradzewicz,
Pauline Hoh, Gwen Lariviere, Randi
Mayfield, Yvonne Paplaskas, Don Riccio,
Marguerite Trudel

IMPORTANT NOTE

FARMERS MARKET COUPONS WILL BE
DISPENSED ON WEDNESDAY AUGUST 6TH AT
9AM AT THE CENTER ON A FIRST COME
FIRST SERVE BASIS

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

*MONDAY clinics starting in September

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

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.

**For More Information, Please call
978-983-8825.**

SUPPORT GROUPS

LOSS & TRANSITION BEREAVEMENT SUPPORT

August 20, 2025 at 10am

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

VOLUNTEER TO DRIVE

CALL NEET TODAY TO GET STARTED

****978-388-7474****



SPRING IS IN THE AIR!

VOLUNTEER!

Get Involved, Make a difference!

Volunteer to drive older adults in your community.
You decide when and where to drive.
Mileage reimbursement provided.

Call NEET at 978-388-7474 or

Visit www.driveforneet.org/volunteer

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: MOST activities require pre-registration.
Call 978-983-8825 for information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please bring a change of Indoor Shoes to Workout Classes & the Gym				
8:30-9:15 Aeroflex & Weights with Pat ~ 9:30-10:15 Gentle Yoga with Pat Pat ~ 10:00-12:00 Painting ~ 1-3:00 Mahjong	8:45-9:30 Cardio Aerobics & Weights with Val ~ 9:00-11:30 Ceramics (Resumes in September) ~ 9:00-11:00 Blood Pressure Clinic ~ 9:30-10:15 Line Dancing with Val ~ 12:30-3:00 Ceramics (Resumes in September) ~ 12:30-1:15 Tai Chi/Qi Gong ~ 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 Cardio Drumming ~ 10:00-12:00 Painting ~ 2:30 -3:45 Adopt A Grandparent (Resumes in September)	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

Painting Class Registration is Open. Secure your Spot today!

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

Hours: Mon - Thurs 9-3pm & Fri 9-12pm

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

***NO BAG SALE IN AUGUST**

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

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!

CRAFTING WITH FRIENDS

Tuesday August 5th from 9-12pm

Calling all artists! Join Art Teacher & Activity Coordinator Jennifer Loiselle during this DEDICATED open Crafting/Arting time.

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! Light Music, Great conversation & ART!

What to Bring: Your materials and your imagination!

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

BOOK CLUB

Join our Book club at the Methuen Senior Activity Center, *hosted by COA Board Chair Maureen Sharrock!*

August 6, 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.

THE TALK

Thursday August 7 & 21, 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!

TECHNOLOGY CLASSES

KevTech Services

RETURNS TO OUR CENTER!



Back to Basics with iPhone and iPad

Monday, August 4 & 18, 2025 @ 10 am

Space Is Limited!
PreRegistration is Required - Reserve your Spot Today!

Call the Office at 978-983-8825

BINGO

Monday August 11 & 25 @ 1 pm
Sponsored by Cedarview

Big Thanks... to all who contributed to the services and programming in July including: Heart to Home for the Delicious Meal Tasting, Kannan Plumbing for the Ice Cream Social, to Cedarview for Sponsoring our Veterans Breakfast, to Andy Firmin for Sponsoring Kevin Richmans Lets Play Games, to Delvena Theater for their Bon Voyage Show, to Attorney Peter McQuillan for Free Legal Consultations; to the Methuen Cultural Council for Granting funds to our Performers allowing for Free Programming; to State Representatives Ryan Hamilton, Estella Reyes, State Senator Pavel Payano, Mayor DJ Beaureguard, 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 HOURS

Extended Hours

Methuen Senior Activity Center

*Wednesday Evenings beginning September 3rd thru
October 29th*



During this time you can come and enjoy playing Billiards, Ping Pong, bring some friends and play 45's. We will also be offering Exercise classes for \$2 per class.

B.B.B. with Brian Coyne. (Balance, Bones and Brains) September 3, 17
October 1, 15 and 29 with Brian Coyne.

Joanie Lawrence will offer Yoga with Meditation

September 10, 24 and October 8, 22. Exercise classes will run 4:30 – 5:15 pm. Call the center to register at 978-983-8825. Exercise classes will run 4:30 – 5:15 pm. Call the center to register at 978-983-8825.

City of Methuen Health and Human Services will offer Blood Pressure Clinic, assisting with applications for SNAP, Housing, RAFT and so much more!

45's TOURNAMENTS

Come Play 45's!
All are welcome!

Monday, August 4 & 18 @ 12:30 p.m.
\$3.00 to play

June 30th Winners: 1st Bob Mahoney & Ken Ackroyd; 2nd Kelley Liversidge & Ronni Graham

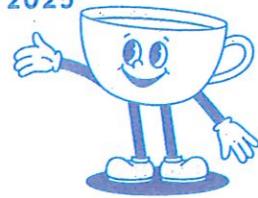
July 14th Winners: 1st Earlene Daigneault & Felicia Siggins; 2nd Bob Ciofalo & Joe Buck

INFORMATIONAL SESSION

COFFEE WITH A COP

Thursday
August 14, 2025

STARTS
AT
10:30 AM



Come ask questions, share concerns, or simply get to know the men and women who serve our community.

This is your chance to build connections and strengthen neighborhood trust—one cup at a time!

Free coffee and light refreshments provided.

All are welcome!

ICE CREAM SOCIAL AND DANCE

STATE REPRESENTATIVE ESTELA REYES
& CITY COUNCILOR RON MARSEN HOST

ICE CREAM SOCIAL

Get ready for some fun as we bring you an Ice Cream Social like no other!

Join us for an afternoon filled with music, laughter, delicious flavors, and a sprinkle of joy



WEDNESDAY
AUGUST 13, 2025
FROM 1-3 PM



METHUEN SENIOR
ACTIVITY CENTER

DJ MARK
RICH &
JAYGEES



REGISTER TODAY 978-983-8825

NEW TECHNOLOGY

Listening Devices are 'Now Available' at the Activity Center



We are thrilled to introduce our new listening devices designed to enhance your experience during our programs. These state-of-the-art devices come with Bluetooth connectivity, allowing you to easily connect them to your hearing aids and smartphones.

Why Use Our Listening Devices?

Improved Sound Quality: Enjoy clearer and more amplified sound during our events.

Seamless Connectivity: Connect effortlessly to your personal hearing aids and smartphones.

Enhanced Experience: Participate more fully and comfortably in all our activities.

We encourage you to take advantage of these devices to make the most out of your time with us.

If you have any questions or need assistance, please don't hesitate to ask our staff.

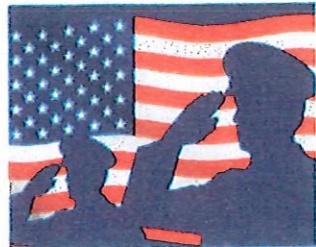
Veterans Breakfast

Thursday August 21st @ 10am

Join Veterans
Agent Paul
Jensen for Food &
Conversation!

Space Is Limited -
Reserve your
Spot today!

Please note: Veterans Only



WALKING CLUB

Walking Club with Regina McCarthy Returns!

Spring is here, and it's the perfect time to get moving! Join Regina McCarthy for a refreshing walk along the beautiful Methuen Rail Trail.

T Tuesdays, August 12 & 26

10:30 AM

Meet at the Railroad Depot

Weather permitting

Stay active, enjoy the fresh air, and connect with fellow walkers. No registration needed—just lace up your sneakers and join the club!

ENTERTAINMENT

Matt York's Classic Country Music Revue

Methuen COA

Mass Cultural Council



August 6th (Wed.) at 1 PM

Longtime New England musician/author Matt York will perform songs from the classic country music era and tell stories about some of the genre's biggest stars. York has twice been nominated for the Boston Music Award for Best Country Artist and his album Gently Used was named one of the Patriot Ledger's best albums of 2022. This program is supported in part by a grant from the Methuen Local Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency

INFORMATIONAL TABLES:

- **AUGUST 12** - 12NOON J&J HOMECARE SERVICES
- **AUGUST 13** - 9-11 SHARON BIRCHALL, RUNNING FOR CITY COUNCIL
- **AUGUST 13** - 12NOON GIVING TREE

GAMES

GAMES DAY

FRIDAY AUGUST 29, 2025 @ 10AM

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

Call today to reserve your spot!
978-983-8825

CRAFT CLASS WITH JENNIFER



DIY Decorated Candles

Thursday August 28th @ 10:30am
\$5 per person

KARAOKE



QUOTE OF THE MONTH

"Summer is a period of luxurious growth. To be in harmony with the atmosphere of summer, awaken early in the morning and reach to the sun for nourishment to flourish as the gardens do. Work, play, travel, be joyful, and grow into selfless service. The bounty of the outside world enters and enlivens us." -Paul Pitchford

NEW PROGRAM

Exciting News: Reintroduction of the "Silver-Haired Legislation" Program!



We are delighted to announce the return of our "Silver-Haired Legislation" program, dedicated to advocating for the needs and rights of older adults in our community. This program aims to empower our seniors by ensuring their voices are heard and their concerns addressed.

Program Highlights:

- Advocacy: Championing the rights and needs of older adults.
- Community Engagement: Encouraging active participation in local legislative processes.
- Support: Providing resources and assistance to help navigate legal and social issues.
- We invite all seniors to join us in this important initiative.

Together, we can make a difference and create a more inclusive and supportive community for everyone.

Coming Soon: You can make a difference!

Friday September 19, 2025, 10:00 AM

Coffee Session and more information on how you can get involved. Your involvement can make a significant impact, and we would be honored to have you on board.

If you have any questions or need more information, please feel free to reach out to our staff or call the Methuen Senior Activity Center at 978-983-8825

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.

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

- August 19 - Danversport Yacht Club 'Roy Orbison Tribute'. \$131. 10:45am
- September 17 - Quabbin Reservoir & Salem Cross Inn. \$131. 8:30am
- October 6 - Winnipesaukee 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

December 1-8, 2025 - **Magical Christmas Markets.** Innsbruck, Choice Tour, Seefield, Carriage Ride, Salzburg, St Peters Restaurant, Linderhof Palace, Oberammergau, Munich, Christmas Markets. \$3,799pp

March 5-13, 2026 - **Tropical Costa Rica.** 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

Three Winners each Month!

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

For more information, or to Join the 50/50 club,
visit the office at 77 Lowell Street, Methuen
(Your Donation is Tax Deductible)

50/50 CLUB WINNERS

Congratulations to the March 2025 winners:

The Gagnons \$175.66

Maureen Julie McCarthy \$105.39

Felicia Siggins \$70.26

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

The Center accepts Memorial donations in honor of your Loved Ones

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.

AUGUST 1 10AM KINDNESS ROCKS
AUGUST 4 12:30PM 45'S TOURNAMENT, \$3
PP - SPONSORED BY CEDARVIEW
AUGUST 4 10AM KEV TECH CLASSES
~~AUGUST 5 9-12PM CRAFTING & COFFEE
WITH FRIENDS~~
AUGUST 6 1PM MATT YORK PERFORMANCE
AUGUST 6 1PM BOOK CLUB
AUGUST 7 10AM THE TALK
AUGUST 8 10:30AM FILM SERIES 'MAMA
MIA 2'
AUGUST 11 1PM BINGO - SPONSORED BY
CEDARVIEW
AUGUST 12 10:30AM WALKING CLUB AT
THE RAIL TRAIL
AUGUST 12 12:30PM SEWING GUILD
AUGUST 12 1-3PM GRAVITY MEN
AUGUST 12 12PM J&J HOME CARE
INFORMATIONAL TABLE IN LOBBY
AUGUST 13 9- 11 SHARON BIRCHALL
INFORMATIONAL TABLE IN LOBBY
AUGUST 13 12-1 GIVING TREE
INFORMATIONAL TABLE IN LOBBY

AUGUST 13 1-3 ICE CREAM SOCIAL
HOSTED BY ESTELA REYES AND RON
MARSEN
AUGUST 14 10:30AM COFFEE WITH A COP
AUGUST 15 10AM KINDNESS ROCKS
AUGUST 18 12:30PM 45'S TOURNAMENT,
\$3 PP - SPONSORED BY CEDARVIEW
AUGUST 18 10AM KEV TECH CLASSES
AUGUST 19 1PM KARAOKE
AUGUST 20 10AM LOST IN TRANSITION
AUGUST 21 10AM THE TALK
AUGUST 21 10AM VETERANS BREAKFAST
AUGUST 22 10AM FILM SERIES
'METROPOLIS'
AUGUST 25 1PM BINGO - SPONSORED BY
CEDARVIEW
AUGUST 26 10:30AM WALKING CLUB AT
THE RAIL TRAIL
AUGUST 28 10:30AM CRAFT CLASS WITH
JENNIFER
AUGUST 28 LUNCH WITH STAFF
AUGUST 29 OUTDOOR GAMES DAY -
WEATHER PERMITTING

Monthly Groups:

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

- Adopt A Grandparent meets every Wednesday at 2:30pm - starting in September
- 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.
- Whist meets every Thursday from 1-3

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.

Visiting Office Hours with your Public Officials

Senator Pavel Payano – August 6, 10am-12noon
Mayor DJ Beauregard – August 6 12noon
Rep. Estella Reyes – August 8, 10-12noon
Rep. Ryan Hamilton August 1 & 15, 10am – 12noon
By Appt - Veterans Agent Paul Jensen August 21,
10-12pm

Monthly Birthday Club

We are excited to celebrate YOU!
On August 28, 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.