

Methuen Senior Activity Center

November 2025



Welcome to the Methuen Senior Activity Center, a gathering place for retirees and all seniors to continue their life journeys, to learn new things, make new friends, and stay actively engaged in the community. Membership is not required, so individuals can drop in and participate at their own pace. Activities vary from month to month. Stop by for a newsletter to see the latest schedule or visit our website at www.cityofmethuen.net.



Help Make the Holidays Brighter for Our Homebound Seniors

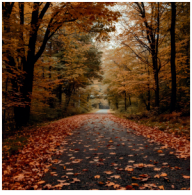
This holiday season, the Methuen Senior Activity Center is proud to introduce our Giving Tree, a heartfelt initiative to support our homebound seniors and ensure they feel remembered and cherished.

From early November through the second week of December, the Giving Tree will be on display at the Center, adorned with tags representing the wishes and needs of our homebound community members. We invite you to stop by, select a tag, and help make someone's holiday truly special.

Whether it's a cozy blanket, a favorite snack, or a handwritten card, your generosity will bring warmth and joy to those who may be spending the season alone. Together, we can make a meaningful difference and show our seniors that they are never forgotten.

Let's spread kindness, one gift at a time.

For more information or to get involved, please contact the Center staff. Thank you for helping us make this season memorable for all.



Golden Connections

Season of Thanks and Giving

Dear Friends,

As autumn paints our world in vibrant hues and the crisp air reminds us of the changing seasons, we at the Methuen Senior Activity Center pause to reflect on the many blessings in our lives. November is a time to give thanks—for the friendships we've built, the laughter we've shared, and the community that continues to grow stronger each day.

To all our members, volunteers, and supporters: thank you. Your kindness, generosity, and spirit of togetherness make this center a place of warmth and joy. Whether you've lent a helping hand, shared a smile, or simply joined us for a cup of coffee and conversation, you've made a difference.

This season, let us continue to give—not just gifts, but our time, our compassion, and our gratitude. May your hearts be full, your tables surrounded by loved ones, and your days touched by peace and joy.

With heartfelt appreciation,
The Staff at Methuen Senior Activity Center



Senior Center Announces Assistant Director



It is with great pleasure that we announce
Elizabeth Otto as our newly appointed
***Assistant Director at
the Methuen Senior Activity Center***

In March of 2024, the previous Director hired Liz to help with the office at the center. Her duties have included but are not limited to Office Support, greeting visitors, coordinating the fitness schedules and assist with seniors' inquiries about our beloved center. Liz has always gone above and beyond doing these tasks to support myself, the staff and most of all, the people who come to the center. Liz was hired on a grant to work 19 hours weekly.

Liz has introduced the Ambassador Program, created a survey to evaluate the center's performance, she organized the Sunset Series and reported 2 successful grant funded programs to the MCOA headquarters. Liz will be a great asset to the great team that we have.

~Sue Riccio- Executive Director~

DONATIONS

Plan Ahead, Leave a Legacy
The Methuen Senior Activity Center gratefully accepts estate donations. Consider making a lasting impact by bequeathing part of your estate to support programs and services that enrich the lives of our seniors. Your generosity helps ensure a vibrant future for our community.

🎄 Holiday Breakfast Fundraiser 🎄

Join us on Friday, December 6th from 8:00 AM to 10:00 AM for a festive morning of food and community spirit!

Tickets go on sale November 17th — don't miss out!

All proceeds will benefit the Methuen Senior Activity Center Scholarship Fund, supporting two high school seniors who reside in Methuen. Let's celebrate the season while making a difference!

THANK YOU FOR ALL YOU CONTRIBUTED TO THE SERVICES AND PROGRAMMING IN OCTOBER WHICH INCLUDES:

- Cedarview for Sponsoring the 45's Tournament and Bingo
- DJ Mark Rich for spinning tunes at the Halloween Dance Party
- Maureen Sharrock, C.O.A. Chair for the monthly Book Club
- Regina McCarthy for the monthly Walking Club
- Atty Peter McQuillan for the free 15 minute consultations
- Mayor DJ Beauregard for hosting our ice cream social
- Methuen Fire Department for hosting the annual Firemen's dinner
- Methuen Police Department for Us vs Them 45's tournament
- (Community Response Team) for hosting weekly office hours
- Methuen Health and Human Services
- Methuen D.P.W.,
- Yvonne Paplaskas for Kindness Rocks
- Jacquie Marchand for Loss and Transition
- Age Span for all their daily work from Meals on Wheels to congregate meals

We also want to thank our partners:

- McDonalds, Texas Roadhouse and the Olive Garden



Clear Path for Veterans

Methuen Senior Activity Center is proud to announce: Clear Path for Veterans, New England will host monthly office hours beginning Friday, November 7th and 21st 9:00–11:00 AM



METHUEN ELDER AFFAIRS STAFF

Council on Aging Staff
Susan Riccio, Executive Director
Maribet Torres, Confidential Secretary
Cheryl McQuillan, Outreach
Liz Otto, Assistant Director
Domenic Alaimo, Custodian

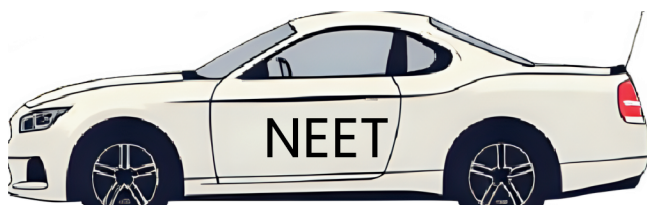
Council on Aging Board
Maureen Sharrock, Chair
Dr. Donald Marcus, DVM, Treasurer
Alfred D'Agata
Christine Metzemaekers
Stephan Alfano
Judith Anselmi
Aura Fluet

Winners 50/50 club

Congratulations to the
October 2025 winners:

Loretta Goff \$171.86
Norman & Linda Cormier
\$103.12
Robert Ciofolo \$68.75

Three chances to win each
month !
sign up today!



Northern Essex Elder Transport, Inc.

METHUEN SENIOR ACTIVITY CENTER, INC Corporate Board of Directors

Board of Directors
Genevieve Marks, President
Regina McCarthy, Vice President
Dan DiBurro, Treasurer
Tom Gradzewicz, Clerk
Susan Riccio, Executive Director
Donald Marcus, Director
Marilyn Freeman, Director
Maureen Sharrock, COA Chair

Join the 50/50 club

For more information, or to join the 50/50
visit the office at 77 Lowell St, Methuen
(your donation is tax deductible)

Membership (only \$4.00/month)
Must be paid 6 months or 12 months

Donation: \$ _____
6 months = \$24.00 12months = \$48.00

(Make checks payable to: MSC 50/50 Club)

Name _____
Date _____
Address _____

Cut out and mail in your membership today!

VOLUNTEER TO DRIVE

CALL NEET TODAY TO GET STARTED

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

Get Involved, Make a difference!

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

Mileage reimbursement provided



November 12th at 11:30

Join us for a lively late-morning gathering filled with fun facts and favorite melodies! Test your knowledge with some lighthearted trivia, then sit back and enjoy toe-tapping tunes that will lift your spirits. Whether you're a trivia buff, a music lover, or just looking for good company, this event promises smiles all around. Let's make memories together.



BOOK CLUB

Hosted By: Maureen Sharrock

Council on Aging, Chair
November 5, 2025
at 1:00 PM


Whether you're a seasoned reader or just looking to dive into something new, this club is the perfect to connect with fellow book enthusiasts.

Register Today 978-983-8825

CRIBBAGE



Let's Play Cribbage. Whether you are a seasoned player or just starting out, join Frank Savory as he teaches this classic card game. Starting November 7th from 10:00-11:30 and every Friday following. Call the Center for more information and sign up.

 Visit Our Amazing Thrift Shop!
Open Monday–Thursday: 9:00 AM – 3:00 PM

Friday: 9:00 AM – 12:00 PM

Have you stopped by our Thrift Shop lately?

We've got a wonderful selection of clothing, shoes, household goods, and more—all at unbeatable prices! It's just another great reason to visit the Methuen Senior Center today!

**Fill a bag \$5.00 – 9:00 to 3:00
November 18, 2025**



Visiting Office Hours with your Public Officials

*Rep. Estella Reyes – November 14
10:00– 12:00*

*Rep. Ryan Hamilton – November 7 & 21
10:00–12:00*

*Senator Pavel Payano –November 7,
10am–12pm*

*Mayor , DJ Beauregard – November 5,
Between 12:00 & 1:00*

Paul Jensen –November 20, 10:00–12:00

*All are welcome to stop in to discuss
issues!*

2025 veterans upcoming events

Wednesday November 5th
Veterans' Expo 2:00–5:00PM

Veterans Den Band November 9th
2:30PM–4:00PM

Veteran's Day Parade
Tuesday, November 11, 10:00

Veterans Office hours with Paul
Jensen November 20th 10:00–12:00

Wednesday December 17, 6:00–
8:00pm Holiday Party

Information Table

- **November 12, 9:00–11:00 The Giving Tree**
- **November 13, 9:30–11:00 –TIPS**
- **November 17, 9:00–3:00 Greater Lawrence Community Action – Fuel Assistance**
- **November 19, 9:30–11:30 Home Health Support**

Join Representative Reyes' Office for Monthly Office Hours

Location: Methuen Senior Center (77 Lowell St,
Methuen, MA 01844)

Time: 10:00 AM – 12:00 PM

When: Every second Friday of the month
Representative Reyes' Legislative Aide, Grace, will
be available to meet with community members
during monthly office hours. Whether you have
questions about legislation, state-wide
initiatives, or local concerns, Grace is here to
listen and assist.

Grace is available to discuss a wide range of
topics, including:

- Concerns about current or proposed state
legislation
- Unemployment assistance
- Housing issues
- Personal advocacy on specific issues affecting
you or your family
- Local and statewide concerns impacting your
quality of life

Whether you want to understand a bill, share
how an issue is affecting you personally, or raise
questions about new policies, Grace is here to
support you. If your issue falls outside her scope,

Grace will work to connect you with the
appropriate resources or agencies. She's here to
ensure your concerns are heard and brought
back to Representative Reyes to advocate on
your behalf at the State House.

No appointment necessary—stop by and say
hello!

Veterans Expo

Veterans and their
families are invited to
the Methuen Senior
Activity Center for an
Expo on Wednesday
November 5th, 2–5pm

Many agencies will be
available with
information regarding
benefits available to
Veterans and their
families.

To learn more, contact
the Methuen Veteran's
Office at 978–983–8585

Trip Talks
Hosted by
Collette Vacations



Join Collette for a slideshow

When: November 6, 2025

Time: 10:00am

Join Sam Trapani from Collette
Vacations for an Informative
Presentation detailing our
2025-2026 Extended Trips

Monthly Birthday Club

**We are excited to celebrate YOU!
On November 13, 2025 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.**

Crystal Bowls November 25, 2025

Discover the healing power behind crystal bowls.
What are the crystal singing bowls (Sound healing)?
Crystal singing bowls are a passive and powerful healing
tool being used in hospitals, schools, meditation studios,
spas, and therapy settings.

What do crystal singing bowls do?

Crystal bowls clear your energy field of built-up static.
Static from our busy modern environment collects in and
around our energy fields. Traffic, toxic air, toxic food, even
arguments and bosses yelling at us can create 'static' in
and around our field.

Human beings are primed to receive the sound that crystal
bowls make in our bodies. We are water, and our bones
have a crystalline structure that creates an entrainment
between sound and body, and clears the debris from us at
the cellular level

Singing bowls or 'sound bathing' can correct imbalances in
your body and field as well as repair DNA. They can
enhance sleep, help relieve physical pains, make us feel
lighter, happier, and more energetic in the morning! People
have reported a vast variety of benefits, even better night
vision.

What can I expect at the crystal singing bowls?

You will sit or lie back in a comfortable position and listen to
the crystal bowls being played. You will experience a
deeper state of not only relaxation but consciousness and
the ability to connect and awaken your own inner healer.
Many people feel so relaxed they fall to sleep. Most people
find the sounds pleasant, and find the bowls help them
relax and stop their busy thoughts.

Lay back, soak up the healing vibrations as they shift to
new levels, while your energy field becomes CLEAR from the
perfection of sound waves.

What is special about these particular bowls?

Different tones activate different chakras, organs, and
organ systems. Jean Perrault of The Methuen Yoga Mat,
has the most complete set of the highest quality bowls,
ensuring that your 'sound bathing' has the opportunity to
touch you at every level of your being.



*Big thanks... To all the volunteers that help to make the Methuen Senior Activity Center the best possible.
To all the participants that come and spend time with us, we appreciate you so very much. To all that
donate to our Thrift Shop, we can't thank you enough for the donations you bring to us! To all the N.E.E.T.
Drivers who take our seniors to and from medical appointments, from the bottom of our hearts, THANK
YOU!*

*Everything that you do for and with us makes a difference! Whether you come to the center to partake in
programming or extend a helping hand, everything is appreciated!*

Memorials

**Memorial donations received by the Center will be
used for special memorial items only
Memorial cards are available at the Center Office.**



COFFEE WITH A COP



**Let's Chat!
Come enjoy a cup of
coffee and casual
conversation with local
law enforcement at the
Methuen Senior Activity Center.
November 13th 9:30-11:00**



**This is a great opportunity to
ask questions, share concerns, and build
positive connections in a relaxed, friendly
setting. Receive information on MASSED9-1-1
State department equipment distribution
program**

**No speeches, no agenda—just coffee and
community.**

**TIPS will have an informational table during
coffee.**

We hope to see you there!



Retraction

**In the September newsletter there was a clothing drive for the center
and it was stated as Lawrence Ladies Lodge of the Sons of Italy..**

Correction is:

**Lawrence Ladies Lodge 2026 Order of Sons and Daughters of Italy in
America**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15 Aeroflex & weight with Pat ~	8:45-9:30 Cardio Aerobics & weights with Val ~	8:30-9:15 Balance, Bones & Brain with Brian ~	8:30-9:15 Gentle Yoga with Pat ~	8:30-9:15 Yoga with Joan ~
9:30-10:15 Gentle Yoga with Pat ~	9:00-11:30 Ceramics ~	9:00-11:00 Quilting ~	9:00-11:00 Blood Pressure Clinic ~	9:00-11:00 Quilting Circle ~
10:00-12:00 Painting ~	9:00-11:00 Blood Pressure Cline ~	9:30-10:15 Balance, Bones & Brain with Brian ~	9:30-10:15 Aeroflex & Weights with Pat ~	9:30-10:15 Yoga with Joan ~
1:00-3:00 Mahjong	9:30-10:15 Line Dancing with Val ~	10:30-11:15 Cardio Drumming ~	12:30-3:00 Bridge Group ~	10:00-11:00 Photography ~
	12:30-3:00 Ceramics ~	10:00-12:00 Painting ~	1:00-3:00 Happy Hearts Chorus ~	10:30-11:15 Line Dancing ~
	12:30-1:15 Tai Chi/Qi Cong Sharon Pei ~	2:30-3:45 Adopt A Grandparent ~	1:00 Whist ~	
	1:00 Beginner 45's ~			
	1:00-3:00 Dominoes			

45's TOURNAMENTS sponsored by Cedar View



Come play 45's
All are welcome!

Monday, November 17th at
12:30-3:00pm
\$3.00 to play

September 15, 2025 Winners:

1st Irene Galluccio and Victor
Hidish

2nd Lisa Larsen and Norman
Bretton

September 29, 2015

1st Amy Cardillo and Gus
Sullivan

2nd Paul Coatsunikas and Joe
Buck

October Winners to be
announced in December
newsletter

Kev Tech Classes

Monthly Series for seniors.

Struggling with your phone, iPad, or other devices? Join our Kev Tech classes, designed specifically for seniors to help you feel more confident with everyday technology. This 12-session series meets once or twice a month, offering hands-on guidance in a friendly, supportive environment. Space is limited-registration is required.

Last class offered on November 3rd

**Like Water for Chocolate Storytelling Series
presents:
Return to the Roots**



Abuela Angela often spoke about her Chilean origins, despite not knowing her birthplace. However, not remembering a place does not mean it is not a part of you. One day, I decided to address this and took her and my mother on a journey. Join us and be part of the experience.

Monday, November 10th



Cornhole

**Interested in
Cornhole?
Call the Center
today to sign up and
join the fun!**

KARAOKE

**KARAOKE
TIME**

**Once a month at
1:30
WITH DON RICCIO**

**November 25,
2025**

Walking Club with Regina McCarthy

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

**Tuesdays, November 25th
10:30 AM
Meet at the Railroad Depot
Weather permitting**

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

THE TALK

Everyone is welcome to join The Talk November 13th from 10:30 AM to 12:00 PM for lively conversation and thoughtful discussion on current events. It's a great way to connect with others, share ideas, and stay informed in a relaxed and friendly setting. Come be part of the conversation!

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. Along side 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. Hours are for anyone who has questions in regard to mental health, is seeking access to resources, or just want to chat. This is a free resource. Stop by and say hello

For more information call 978-983-8825

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

KINDNESS ROCKS
with Yvonne Paplaskas
November 4th & 18th, 2025 at
10:00am

Sewing Guild



The Sewing Guild meets once a month, starting at 12:00 PM. Our next meeting is on Tuesday, November 4, 2025 at the Methuen Senior Activity Center.

Come share your projects, learn new techniques, and connect with fellow sewing enthusiasts!



Monthly Bingo Fun at the Senior Center!

Join us for two exciting rounds of Bingo this November! Mark your calendars for Monday, November 10th and 24th. Whether you're a seasoned player or new to the game, come enjoy friendly competition, great company, and fun. All are welcome —bring your lucky charm and let's play!

Olive Garden Lunch

Olive Garden Lunch –
Wednesday, November 19,
2025

Enjoy a delicious lunch served by Olive Garden from 1:00–2:00 PM at the Methuen Senior Activity Center!

This event is full. If you have signed up and will not be attending please let us know so we can offer your spot to someone on the waitlist

BINGO en español

We're excited to introduce BINGO in Spanish at the Methuen Senior Activity Center! Tuesday, join us for a fun and welcoming game of BINGO conducted in both Spanish and English. Whether you're a native speaker or just learning, come enjoy the camaraderie, prizes, and lively atmosphere. All are welcome!

Date: Tuesday, November 18th

Time: 1:00 – 3:00

Let's play, learn, and connect—¡Nos vemos en el BINGO!

The Methuen Council on Aging provides the following services and programs. For more information, call the Center Monday through Thursday from 8 am – 4 pm and Friday from 8 am – 12:30 pm 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 every Tuesdays and Thursdays 9:00 to 11:00
- Health proxy forms, Homestead Act application
- Telephone outreach reassurance calls
- recreational activities and events such as: Ice cream socials, lunch and dance events,, and monthly and weekly games including Mahjong, scrabble, card games, 45's tournaments, and so much more!



*Free Legal Clinic
With Attorney Peter McQuillan
Call to make an appointment. All appointments are
for 15 minutes. November 19, 2025*

IMPORTANT ANNOUNCEMENT

PRE-REGISTRATION IS NOW REQUIRED FOR ALL PROGRAMS

Please pre-register by 1.) calling 978-983-8825
2.) stopping by at the methuen Senior Activity Center, 77 Lowell St., Methuen

November 3 - 12:30-3:00 45's
November 3 - 10:00 Kev. Tech
November 4 - 12:00 - Sewing Guild
November 5 - Veterans Expo 2:00 -5:00
November 5 - 1:00 - 2:00 Book Club
November 6 - 10:00 Collette Vacations
Info Session
November 7 - 10:00 - Rock Painting
November 7 - 9:00-11:00 - Office hours
with Clear Path for Veterans
November 7 - 10:00-11:30 Cribbage
November 9 - 2:30-4:00 Veterans Den
Band
November 10 - 10:00-11:00 Story Telling
"Like Water for Chocolate w/ Karin
Liendo
November 10 -BINGO
November 11 -**Closed - Veterans Day**
November 12 - 9:00-11:00 Giving Tree
Table
November 12 - 11:30 - Trivia and Tunes
November 13 - The Talk
November 13 - Monthly Birthday Club
-11:30
November 13- 9:30-11:00 Coffee w/ a
Cop
November 14-10:00-11:30-Cribbage

November 17 - 9:00-3:00 Greater
Lawrence Community Action Council for
fuel assistance
November 17 - 12:30-3:00 45's
November 18 - 9:00 - 3:00 Thrift Shop Fill
a bag
November 18 - 1:00-3:00 Bingo in
Spanish and English
November 18- Mobile market
November 19 - 9:00- 11:00 Atty McQuillan
15 min. consultation - sign-up required
November 19 - 10:00 Lost in Transition
November 19 - 1:00 Olive Garden
November 20 - 10:00 - 12:00 Office Hours
for Veterans with Paul Jensen
November 21 - 9:00-11:00 Office Hours -
Clear Path for Veterans
November 21 - 10:00 - Rock Painting
November 21 - 10:00-11:30-Cribbage
November 24 - 1:00 -3:00 - BINGO
November 25 - 10:30 - Walking Club
November 25 - 1:00-2:00 Crystal Bowls
November 25 - 1:30 - 2:30 Karaoke
November 26 - **1/2 day**
November 27 - **Closed - Thanksgiving**
November 28- **Closed -**

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

- Ambassador Coffee Hour held the second Tuesday of the Month at 10am
- Beginners 45s meets every Tuesday at 1pm
- Lost in 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 pm
- Sewing Guild - First Tuesday of the month at 12:00
- Bridge - Every Thursday from 1-3 pm
- Mahjong - Every Monday from 1-3 pm
- Dominoes - Every Tuesday 1-3 PM

Methuen Senior Activity Center
77 Lowell Street, Methuen ,MA 01844
M-TH 8am-4pm, Friday 8am-12:30pm
www.methuen.gov/seniorcenter

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 978-983-8825