



METHUEN SENIOR ACTIVITY CENTER

77 Lowell St, Methuen, MA 01844

978-983-8825

Hours: Monday-Thursday 8:00am-4:00pm

Friday 8:00am -12:30pm

FEBRUARY 2023

Welcome to the Methuen Senior Activity Center, a gathering place for retirees of all ages to continue their life journey, 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.

FEBRUARY EVENTS CALENDAR

- 2 The Talk. Current events discussion. 10:30-12:00n
- 3 Office hours with State Rep. Ryan Hamilton 10-12n.
- 3 Kindness Rocks 10:00am. Drop in.
- 6 Bingo 1:00-3:00pm.
- 7 Informational Health Talk: Healthy Heart. Presented by AgeSpan. 10:30am.
- 7 45's. 1:00-3:00pm. \$3.00pp. Pre-register in office.
- 7 Special Evening event. Winter Heating Options and Assistance Programs 4-7pm. Details inside.
- 9 Movie Matinee "On Golden Pond" 9:30am. Free.
- 10 Coffee, Coloring & Conversation. 9:30am.
- 13 Crafting with Jennifer.10:30am. Preregistration required.
- 14 Valentine's Day Coffee Hour. 9:30am.
- 14 Karaoke. 1:30-3:30pm Everyone is invited to sing!
- 15 National Grid representative office hours. 10-12pm
- 15 Loss & Transition bereavement support. 10:00am.
- 15 45's. 1:00-3:00pm. \$3.00pp. Pre-register in office.
- 16 Veterans Agent, Paul Jensen office hours 10-12:00.
- 16 Coffee with a Cop. 10:30am. Meet officers of Methuen Police Dept to discuss concerns or just to say hello! Everyone is welcome!
- 17 Tea Time. 9-11:00am. Details inside.
- 17 Kindness Rocks. 10:00am. Drop in.
- 17 Office hours with State Rep. Ryan Hamilton 10-12n.
- 20 President's Day. Center Closed.
- 21 Special Event: *Share the Love* lunch/dance. \$2.00pp. 11:30am Reservations required by 2/14. Details inside.
- 23 Movie Matinee – TBD. 9:30am. Free.
- 23 The Talk. Current events discussion. 10:30-12:00n
- 24 Fuel Assistance application help. 9:00-11:30. Appointment required.
- 24 Office hours with State Rep. Ryan Hamilton 10-12n.
- 24 Free Art. 10-12. More details inside.
- 27 Bingo. 1:00-3:00pm.
- 28 Needlz Club. 9-11:00am. Knitting, etc. More inside.

WINTER HEATING OPTIONS SESSION

When: February 7, 2023 ~ 4:00-7:00pm

Where: Methuen Senior Activity Center,
77 Lowell St.

For: Methuen residents only!



- Representatives from National Grid, Eversource and Greater Lawrence Community Action Council will provide options for heating/electricity for Methuen residents at this event.
- One on one discussions will focus on aid, payment plans, and other options to avoid losing electricity / heating during the winter months.
- BRING YOUR MOST RECENT utility bills.
- City of Methuen officials will also be on hand to discuss eligibility and applications for the \$400k aid the city has secured for senior residents.

REMINDER: Event is for Methuen residents only. Eligibility for the City aid program for Methuen seniors only.

In addition to representatives from National Grid and Eversource, Methuen seniors will also have an opportunity to meet with a representative of Greater Lawrence Community Action Council to begin a fuel assistance application.

New applicants will need to bring income verification (Social Security award letter and/or pension statement), a photo ID, and housing costs (rent/mortgage receipt). Recertifying clients need to bring current copies of all documents previously submitted in last application.

Applications and general information regarding SNAP (food assistance) applications will also be available.

For questions, please call the center at 978-983-8825

METHUEN ELDER AFFAIRS

Council on Aging Staff

Linda Sheehan, Executive Director/Department Head
Susan Riccio, Assistant Director
Maribet Torres, Confidential Secretary
Jennifer Loiselle, Activity Coordinator
Cheryl McQuillan, Outreach
Lynneanne Moss, Office Support

Council on Aging Board

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

50/50 CLUB WINNERS

Congratulations to the January 2023 winners:

| | | | |
|--|------------------------------|-----------------|--|
|  | Doris & Paul Cote | \$192.00 |  |
| | Terry Hanson | \$115.00 | |
| | Rose Feole | \$ 77.00 | |

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!

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

Three winners each month!

Membership 6 months/\$24.00 or
12 months/\$48.00

Prize Fund 50% of Total Monthly Income

| # of Members | Prize Fund | 1 st Prize | 2 nd Prize | 3 rd Prize |
|--------------|------------|-----------------------|-----------------------|-----------------------|
| 100 | \$200 | \$100 | \$60 | \$40 |
| 150 | \$300 | \$150 | \$90 | \$60 |
| 200 | \$400 | \$200 | \$120 | \$80 |
| 250 | \$500 | \$250 | \$150 | \$100 |
| 300 | \$600 | \$300 | \$180 | \$120 |
| 350 | \$700 | \$350 | \$210 | \$140 |

METHUEN SENIOR ACTIVITY CENTER, INC

BOARD OF TRUSTEES

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Yvonne Paplaskas, Sue Riccio, Cheryl Sirois

NEW MEMBERS WELCOME! If you are interested in joining our Fundraising Group, the Methuen Activity Center Trustees, please call for more information, 978-983-8825.

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

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!)



Share the Love Luncheon Social Tuesday, February 21, 2023 11:30am -2:30PM

All are welcome to enjoy a special Valentine's meal served during our regular program. On the menu, this Traveling Chef lunch includes pasta with sauce, capri blend vegetables, Caesar salad, garlic roll and tiramisu dessert. \$2.00pp. Space is limited, and reservations must be made no later than 11:30am, February 14th. Call 978-983-8825.

After the meal, enjoy music for dancing with DJ Don Riccio.

~ ~ ~

Also happening at the center on February 21, Methuen senior residents only can pick up a special Valentine gift bag available in the office on a first come, first served basis, one per household, while supplies last. Proof of residency is required.

JAPANESE BUNKA

Beverly Enos teaches this beautiful and unique needle and thread craft Thursdays, 9:30-11:30am. Having learned the art in Japan herself, Beverly comes highly qualified to teach this unique medium. Come learn to create beautiful artwork through this technique.

Limited space is still available for this winter session. Beverly is currently offering a \$50 gift certificate toward the purchase of a kit. Additionally, several beginner kits are available through a recent donation to the center. Want to learn more? Call 978-983-8825.

Adopt ~ A ~ Grandparent Program

The Adopt-a-Grandparent Program resumes in January 2023! This program is in its 20th year! Methuen High School Students and Methuen Senior Activity Center Participants get together weekly to play cards, make crafts, talk about current events and so much more! If you would like to join, please call us at 978-983-8825! Watch for more details!

CONGRATULATIONS



Congratulations to Assistant Director, **Sue Riccio** who was recently honored at Methuen Community Studios annual meeting and award night for her collaboration on the production of the monthly *"What's Up at the Methuen Activity Center?"* television show. Sue, along with a number of co-hosts from the senior community has hosted this program since its beginning! Since her promotion to Assistant Director of the Methuen Senior Activity Center, she now passes the torch to our new Activity Coordinator Jennifer Loiselle along with co-host, Genevieve Marks.

Viewers can tune in each month on channels:

Comcast 22 / Verizon 33 & 2133

for valuable news, information, and guest interviews.

Veterinary Pet Care Program

Interacting with animals and pets has been shown to reduce loneliness, boost people's mood and feelings of social support, decrease stress, and even lower blood pressure. Of course, having a pet involves ongoing responsibilities, including medical care, which can be expensive. AgeSpan, through Meals on Wheels America and PetSmart, can help!

Who can apply to the program?

- People currently receiving AgeSpan services.
- People 65 and over, not using our services, who qualify financially (Example: \$2,265 monthly income for a single-person household)
- People who reside in one of the 28 cities/towns we serve.



How much will it cover? Up to \$300 in one-time veterinary care for pets of those in need, once per year.

Can I use my current vet? Yes, if you have one, or AgeSpan will help you coordinate with an approved vet.

What services are covered? Rabies and other shots, spaying/neutering, flea/tick care, annual checkups, nail trimming, and more.

More Information. If you are receiving AgeSpan services and would like more information, contact your AgeSpan Care Manager at 800-892-0890. If you are not receiving our services, please contact Sandy Jennings at 978-946-1222.

GOT QUESTIONS?

Do you need information or direction applying for assistance? Give us a call 978-983-8825. Help is available by appointment for: Senior Housing applications, SNAP Food Assistance applications, Food Pantry Information, Health Insurance information, Fuel Assistance applications (enrollment period October-April).



Big thanks to ... Heav'ly Donuts for donating donuts at a coffee hour to welcome in the New Year; Paul Zambella for a riveting Forensic Science Roadshow presentation; Renee Senes of MA AARP Speakers Bureau for valuable information on Social Security; AgeSpan for presenting a 6 week Matter of Balance health series; the Methuen High School Football Team for donating a beautiful carved Cribbage Board on display and ready for use in our lobby; Peggy & Chuck Trudel for donating a perfect height bookstand for our scanning station; each of the representatives of National Grid, Greater Lawrence Community Action Council, Methuen Veterans Department, and State Representative Ryan Hamilton for providing convenient monthly office hours for Methuen seniors.

Visit us again this month for programs designed to keep you active, informed & entertained!

COVID & Flu Vaccine Clinics

**Saturdays: Feb 4, 11, 18, 25 ~ 10am-2pm
at Sanborn Hall, 90 Hampshire St, Methuen**

No appointment necessary. Offered to everyone ages 6 months and up. Health insurance requested for flu shot, but not for Covid 19 vaccine. Everyone who gets a Covid 19 vaccine will receive a \$75 gift card (while supplies last) See website for complete details: www.cityofmethuen.net

KINDNESS ROCKS CRAFT PROJECT!

with Yvonne Paplaskas

February 3 & 17, 2023, 10:00am

Make one for yourself, for a friend or to anonymously spread a kind word in your community.
Rocks, paint and a fun time supplied!



THE TALK! February 2 & 23, 2023

Everyone is invited to participate in our twice monthly program from 10:30-12:00am. Meet with others for general conversation and current events discussion with moderator Sheila Radulski-Lynch

WINTER HEATING OPTIONS

Struggling with electric bills?

A representative from National Grid will be available at our center

February 15, 2023, 10:00am-12:00pm
to answer questions and assist with payment plans, etc. No appointment necessary. All are invited. Bring a copy of your most recent National Grid bill with you.



Like to play cards?

How about WHIST?

Play this month on Thursdays Feb 2, 9, 16, 23 from 1-3pm. Call us to sign up! 978-983-8825



Calling All Ping-Pong Players!

Anyone interested in playing Ping-Pong?
All skill levels welcome! Call 978-983-8825.

A MESSAGE FROM STATE REPRESENTATIVE RYAN HAMILTON

My name is Ryan Hamilton, State Representative for the 15th Essex district that includes both Haverhill and Methuen. As of the time of my writing this, I have had the privilege of being your Representative for two weeks. Helping the residents of Methuen and Haverhill is why I ran for this office and why I implore all residents of my district to contact me at Ryan.Hamilton@mahouse.gov when they have questions or need assistance. The purpose of occupying this office is to listen and advocate for those who elected me, no matter what their concern may be. So please reach out if you need help. I look forward to interacting and assisting you with whatever inquiry you have.

My first few days in the State House have allowed me to witness history. On Wednesday, I was sworn in as the youngest member of the House of Representatives and cast my first vote to continue Ron Mariano's leadership of our caucus and state as Speaker of the House. Then on Thursday, I had a front-row seat to a first in the Commonwealth of Massachusetts with the swearing-in of Governor Maura Healey and Lieutenant Governor Kim Driscoll. Governor Healey was the first female ever elected to the position of Governor in Massachusetts. I look forward to serving with the Healey-Driscoll administration, and I am hopeful for all the good we will do together for the people of Haverhill and Methuen.

Now, looking towards the future. The next few weeks will be busy. It will be a time at which I will be submitting my first pieces of legislation and being given my committee assignments. I will be hosting my first office hours at the Methuen Senior Center. I will set up my government social media accounts to further share updates with the residents of Methuen and Haverhill.

It's an exciting time to be in public service; the future of Methuen, the Merrimack Valley, and the Commonwealth look bright. I look forward to continuing our dialogue in the Senior Center newsletter. As always, please do not hesitate to reach out if my office can serve you.

Lastly, I would like to thank Representative Linda Dean Campbell for all she has done for our Country during her time in the Army and the Commonwealth of Massachusetts as a State Representative. Linda has been a constant in advocating and delivering for Haverhill and Methuen during her time in the legislature, and for that, we owe her our gratitude and appreciation!

EXERCISE AND ACTIVITY SCHEDULE



Cost per class/\$2.00. Anyone not feeling well, (colds, flu, covid or close covid contact) is asked to isolate before attending class. Masks are not required in the building however, we encourage you to evaluate your personal risk level as Covid variants continue to circulate. Participants are asked to arrive and depart classes promptly and 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.



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 ~ 1-3:00pm Mahjong | 8:45-9:30 Cardio Aerobics & Weights with Val ~ Blood Pressure Clinic 9:00-11:00 ~ Ceramics 9:00-11:30 ~ 9:30-10:15 Line Dancing with Val ~ Ceramics 12:30-3:00 ~ 12:30-1:15 Tai Chi & Qigong with Allen ~ 1:00-3:00 Dominoes & Scrabble | 8:30-9:15 Balance, Bones & Brain with Brian ~ 9:30-10:15 Balance, Bones & Brain with Brian ~ Quilting 9:00-11:30 ~ 10:30-11:15 Zumba ~ Painting 10:00-12:00 ~ Adopt-a-Grandparent 2:15-3:45 | 8:30-9:15 Gentle Yoga with Pat ~ Japanese Bunka 9:30-11:30 ~ 9:30-10:15 Aeroflex & Weights with Pat ~ 1:00-3:00pm Bridge Group ~ 1:00-3:00pm Happy Hearts Chorus ~ 1:00-3:00pm Whist | 8:30-9:15 Yoga with Joan ~ 9:30-10:15 Yoga with Joan ~ SHINE (Serving Health Insurance Needs of Everyone). For appt, Call 978-983-8825. |
| | | | | |

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.



THRIFT SHOP is open Monday–Thursday 9:30am–3:00pm, Friday 9:30-12:00. THE PUBLIC IS WELCOME!

DON'T FORGET TO SCAN IN AT SCAN CENTER JUST OUTSIDE MAIN OFFICE IN LOBBY!

MEMORIALS

Memorials were recently received in memory of:

Rose Choquette
Donald Lydick

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

Our Newsletter & mailings are sponsored in part by Executive Office of Elder Affairs, One Ashburton Pl. Boston, MA 02108



BLOOD PRESSURE CLINIC

Tuesdays 9:00-11:00am
at Methuen Senior Activity Center
77 Lowell St, Methuen



Maggie Leblanc, LPN, of Family Services of the Merrimack Valley, conducts weekly Blood Pressure clinics and counseling services at Methuen Senior Activity Center.

This is a free service, but donations are always welcome!



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Methuen Veterans Department Visiting Office Hours

Methuen Veterans Director, Paul Jensen will hold visiting hours at our Center on the 3rd Thursday of the month from 10:00am-12:00pm. All veterans and those currently serving are welcome to stop in to discuss issues of interest to veterans or just to say hello

NEWSLETTER HELP

Although our newsletter is available monthly, our budget allows for just one bulk mailing per year. The other 11 months, newsletters are available here at our Center, City Hall, Nevins Memorial Library and online. We could use some help with distribution. Do you live in senior housing and/or a 55+ Community or belong to a group or club? We're looking for people to bring some of our monthly newsletters to share in your residential common areas, club rooms and other places. If you can help, stop by the office to let us know!

Come Play 45's!

Feb. 7 & 15, 2023 - 1:00pm

Registration required.

\$3.00pp. Call 978-983-8825

Congratulations to the Jan 17 game winners:

1st place: MaryJo Labert & Al D'Agata

2nd place: Ronald Bretton & Bob Gordon



WORK OUT ROOM NEWS!

The Work Out Room featuring treadmills, ellipticals, and stationary bicycles is available for use. Workout sessions are limited to 1 hour per person, per day on a first come, first served basis. An updated annual Emergency Form registration is required.

Call 978-983-8825.



For those new to our workout room, a one-time introductory training session is required before using equipment on your own. Training sessions scheduled on the 1st Monday of the month, 12:30-1:30pm with fitness instructor Brian Coyne. Limit 3 students per training session. Call 978-983-8825 to register.

Reminder: Dirt, salt and pebbles tracked in with regular walking shoes can cause damage and costly repairs to our exercise equipment. Participants are required to bring a pair of indoor only shoes for use in the workout room. Thank you for your cooperation!

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.driveorneet.org/volunteer.



WINTER WEATHER INSTRUCTIONS



If Methuen schools are closed due to inclement weather, the Center is CLOSED. Look for postings on 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 must 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 so that you can call if there is any question.

A MESSAGE WILL BE POSTED ON THE ANSWERING MACHINE AT 7:30AM.

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

ACCESSIBILITY NOTICE . Anyone needing an access accommodation to participate in City of Methuen programs or services, please contact Sandy Almonte, ADA Coordinator at SALmonte or 978- 382-2123 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



POSITIVE THOUGHTS

When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too.



~ Paulo Coelho, "The Alchemist"



Winter Boredom Buster

Teatime!

Feb 17, 2023, 9-11am.

Dare we say it? We've had a relatively mild winter so far, but this is New England!

Be prepared for something to occupy a cold or snowy day. Join us for a cup of tea and peruse an assortment of paperback books and puzzles available to bring home.



Colds, and Flu, and Covid... oh my! Just a reminder... we encourage everyone to assess their own risk level and take proper precautions. If you need help finding where to get a Covid booster or Flu vaccination, give us a call. As always, frequent handwashing and social distancing, with or without a mask, is still encouraged for your own health as well as that of your fellow participants. Let's always look out for each other!

Methuen Senior Activity Center HATS & MITTENS PROJECT 2022

Extra special thanks to:

Jeannette Adams, Harriet Cooper, Brenda Grassello, Susan MacBride Doris Plantamura, Eleanor Sheehan, Estelle Taylor and several other anonymous donors!



Together these thoughtful individuals made a combination of enough hats, mittens, and scarves for students at grammar schools in Methuen and Lawrence as well as MAN, Inc and Foster Kids of the Merrimack Valley. This year, hundreds of pieces including hats, mittens, scarves, and headbands were equally divided into ten large bags and distributed for children in need. Everyone was so appreciative to receive these handmade, lovingly created pieces! A heartwarming thank-you poster from the Breen School is currently on display in our lobby.

Participation in this project is open to everyone! The schools have students in grades K-8, so a variety of sizes are needed and there is an especially great need for mittens! If you have the time & talent and would like to help, please do! We can even supply you with the yarn! Pieces are collected all year round and separated for distribution in December. For more information, call 978-983-8825.



Free Art and Needlz Club

For those not necessarily needing instruction, we invite you to bring your artwork or needle work to spend time with other like-minded artists and offer each other encouragement and support as you create! Classroom space will be available 1-2 hours, once a month. See events schedule for times.

