



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

JANUARY 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.

JANUARY EVENTS CALENDAR

- 2 New Year's Holiday. Center closed.
- 3 Scrabble/Dominoes. 1-3pm. Drop in.
- 4 Welcome 2023 Coffee Hour. 9:30-10:30am.
- 5 The Talk. 10:30-12:00n. Current events discussion.
- 5 Movie Matinee "Top Gun" 10:30am.
- 6 Kindness Rocks. 10:00am. Drop in.
- 6 6-week Photography Class. 10-11am. Preregistration required. \$20 pp. Details inside.
- 9 Crafting with Jennifer. 10:30am. Preregistration required.
- 9 Bingo 1:00-3:00pm.
- 11 Adopt-a-Grandparent Program. 2:15-3:45pm
- 12 Special Event: Forensic Science Roadshow. 10:30am. Sign up in office.
- 13 Fuel Assistance application help. 9:00-11:30. Appointment required.
- 13 Color, Coffee & Conversation. 9:30am. Drop in.
- 16 Martin Luther King holiday. Center Closed.
- 17 45's. 1:00-3:00pm. \$3.00pp. Pre-register in office.
- 18 Winter heating options session with National Grid. More details inside.
- 18 Adopt-a-Grandparent Program. 2:15-3:45pm
- 19 Veterans Agent, Paul Jensen office hours 10-12:00.
- 19 The Talk 10:30-12:00n. Current events discussion.
- 20 Kindness Rocks. 10:00am. Drop in.
- 23 Bingo. 1:00-3:00pm.
- 24 Needlz Club. 9-11:00am. Drop in. Details inside.
- 24 Karaoke. 1:30pm. All are welcome!
- 25 Adopt-a-Grandparent Program. 2:15-3:45pm
- 25 Movie Matinee – Rocket Man. 10:30am. LGBTQ
- 27 Fuel Assistance application help. 9:00-11:30. Appointment required.
- 30 Puzzle Party! 10:30am. Drop in. Details inside.
- 30 Bean Bag Toss Game. 1:00-3:00pm. Sign up in office.
- 31 Informational Session: Social Security/AARP. Preregistration required. 10:30am.



Welcome!

Please join us in welcoming our two newest Council on Aging Board members ~

Linda Soucy and Christine Metzemaekers

Many of you know Linda from her considerable involvement in the city, especially with the Methuen Arlington Neighborhood, but also from a very long list of community projects and events. Retired from Eversource (formerly Columbia Gas) as Low-Income Energy Efficiency Project Manager, Linda brings a treasure chest of knowledge and experience sure to help Methuen seniors and our center.

Christine has been volunteering at our center for a number of years already, so we're excited to have her expand her role as a board member. Her expertise as former Executive Director of the Andover Housing Authority has already been of enormous help to many seniors navigating the senior housing application process. She has also served on many Methuen Boards and Commissions and as host of "Working for You" on our local MCTV22 cable channel.

Both Linda and Christine have already had a great impact on our Center and the community and we're thrilled at the opportunity work more closely together!

Forensic Science Road Show **January 12, 2020 ~ 10:30am**



Join us as guest speaker, Paul Zambella takes us into the world of CSI with this interactive program! Subjects include MA State Police Crime Lab, Functions of Forensic Scientists, Blood, DNA, Fingerprints, Gunshot Residue, Footwear Impressions, Metal Detector, Crime Light.

All are invited!

Register in office or call 978-983-8825.

Happy New Year ~ 2023!



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 December 2022 winners:

	Debora Perry	\$188.00	
	Kelley Giuliano	\$113.00	
	James Dexter	\$ 75.00	

*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**

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

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

**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!)



Big thanks to ... Mayor Neil Perry

for organizing an informational Winter Heating Options session with **National Grid** and to **Greater Lawrence Community Action Council** for providing fuel assistance application help at the event as well; the **Delvana Theater Group** for a great performance of *A Christmas Carol* and to **Methuen Cultural Council** for sponsoring the event; everyone involved in our Annual Holiday Open House including **Mayor Perry**, **MC's Cole Caffrey-Welch** and **Jill Stacklin**, **Santa Lt.Jim Garret**, **elves Chiefs Tim Sheehy (MFD)** and **Scott McNamara (MPD)**, **Grinch Jake Santos** and of course, our fabulous **Happy Hearts Chorus**.

Thank you also to **Heav'nly Donuts** for open house coffee hour refreshments, **Pride's Crossing Condo Association** for trays of delicious Italian cookies, and every volunteer for their help with Jewelry sale, Holiday Thrift Shop, and concert, the **Painting** class and instructor **Lisa Buglione** for organizing a beautiful display of their artwork ;

Cedar View Rehabilitation & Healthcare for sponsoring our December 45's tournament; **Amedisys Home Health** for tips on Coping with Depression through the Holidays; **Bridges of Epoch** for guidance in Caregiving through the Holidays, **Beacon Hospice** for monthly Loss & Transition bereavement support. More thanks to **Chief Sheehy**, and all the **Methuen Fire Dept.** for brightening the holiday by delivering meals to homebound elders unable to celebrate with family this year. *Join us in January... it's a brand-new year and a great time to take part in all we have to offer for you!*



In the spirit of the holiday season, participants at Methuen Senior Activity Center spread joy beyond our center by supporting local community organizations.

The Happy Hearts did what they do best – make hearts happy – by adopting a family in need through MAN, Inc's Christmas project.

The Quilting class warmed hearts with cozy handmade quilts donated to children of Foster Kids of the Merrimack Valley Inc.

Kim Blanchard and Estelle Taylor also pitched in with knitted blankets and warm knitted hats for the kids..

And still many others supported our local food pantries by donating non-perishable items ensuring those in need have enough to eat.

Thank you ~ everyone ~ for all you do!

The Council on Aging, Staff and Methuen Senior Activity Center Board of Trustees wish you all a happy, healthy New Year!



Maureen Marceau, Beverly Brown, Larry Giordano, Irene Mordach, Eileen Giordano



A small sampling of the beautiful artwork created by participants of the weekly Painting class! Budding artists, next term begins Jan. 18. Give it a try! Call for details.





6 WEEK PHOTOGRAPHY CLASS

10:00am – 11:00am

January 6, 13, 20, 27 & February 3, 10

Do you have a camera, but don't know quite how to use it? Want to learn what all those buttons are for, how to capture a great shot, manage a shaky hand, take action shots, nature shots and more? Then this class is for you! Nancy Reardon will teach you the basics, tips and tricks!

Come unlock your hidden talent!

6 week course costs \$20.00pp.

Pre-registration is required. \$20.00pp.



KINDNESS ROCKS CRAFT PROJECT! with Yvonne Paplaskas

January 6 & 20, 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!

January 5 & 19, 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

News from Executive Office of Elder Affairs

The Commonwealth has expanded access to COVID-19 treatment by adding a hotline to access the telehealth platform.

NEW COVID-19 TREATMENT HOTLINE: Tested positive for COVID-19? Telehealth is a quick and free way to see if you're eligible for COVID-19 treatment. You can access telehealth services by calling 833-273-6330 or by completing an online assessment at mass.gov/CovidTelehealth. Clinicians are available every day from 8:00 AM to 10:00 PM EST. This service is not for medical emergencies or those who have severe chest pain or shortness of breath.

INFORMATIONAL TALK January 31, 2023 ~ 10:30am at Methuen Senior Activity Center

Getting Started with Social Security

Social Security announced an 8.7% COLA for 2023! Do you know how that could impact you? Are you concerned that SS will not be there when you are ready to retire? Are you thinking of taking Social Security at 62 just to be safe? If you are over 50, join us to discuss the basics of social security. We'll examine what factors to take into consideration when you decide to take benefits. We will also talk about the current status of Social Security and different options that have been proposed for boosting its future stability.

The information provided is general in nature and should not be construed as personal tax or legal advice.

Renee W. Senes, CDFA joins us as a volunteer with the Massachusetts AARP Speakers Bureau. She is a frequent lecturer on planning for retirement, managing finances and social security with over 25 years of experience in financial planning.

WINTER HEATING OPTIONS

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Struggling with electric bills?

A representative from National Grid will be available at our center on January 18, 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 latest National Grid bill with you.

Like to play cards?

How about WHIST?

Call us to sign up! 978-983-8825



EXERCISE AND ACTIVITY SCHEDULE

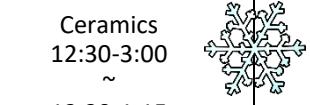


Cost per class/\$2.00. Anyone not feeling well, (colds, flu, covid or close covid contact) is asked to isolate before attending class. Masks are not required in the building however, we encourage you to evaluate your personal risk level as Covid variants continue to circulate. Participants are asked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

Virginia Szmyt

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!*



ATTENTION PARTICIPANTS! 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 Gene Walsh, ADA Coordinator at GWalsh@ci.methuen.ma.us or 978-983-8625 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

The bad news is time flies. The good news is you're the pilot.

~ Michael Altshuler

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!



Introducing two new drop-in style programs beginning in January

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.



A Message about Scams from Social Security

Many of us spend holidays relaxing and sharing goodwill with friends and family. But some bad actors use the holidays to take advantage of people's generous spirits. Scammers frequently target old and other more vulnerable members of our communities. They pretend they are from Social Security or another government agency to steal your money or personal information.

Fraudsters are calling to verify information about the 2023 cost-of-living adjustment for people who get benefits. Remember this adjustment is automatic and a beneficiary does not need to verify anything. Social Security won't ask you to provide information or money to get your benefit increase. Know that how we do business with you doesn't change because it's the holidays. We may email or text you about programs and services, but we will never ask for personal information via email or text.

Recognizing the signs of a scam can help you avoid falling victim to one. These scams primarily use the telephone to contact you, but scammers may also use email, text messages, social media, or U.S. mail. Scammers **pretend** to be from an agency or organization you know to gain your trust. Scammers say there is a **problem with your Social Security number or account**. Scammers pressure you to act immediately. Scammers tell you to **pay** in a specific way.

If you receive a questionable call, text, or email, hang up or don't respond and report it at oig.ssa.gov/report.

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Everyone is invited for some Fun & Games this month

- Jan 13 Color, Coffee & Conversation returns. 9:30am Art pages and colored pencils supplied.
- Jan 30 Bean Bag Toss Game. A little friendly competition. 1-3pm
- Jan 30 Puzzle Party. Work alone or with a friend ~ how fast can you complete one? 10:30am

Join us for these fun, stress buster activities!



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!

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).



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!

A MESSAGE FROM STATE SENATOR DIANA DIZOGLIO

Diana.Dizoglio@masenate.gov or 978-984-7747

Hello again,

Now more than ever, our working families and small businesses need every possible resource to make it through these challenging economic times.

That is why I am so grateful we recently passed comprehensive economic development legislation that provides our communities with sorely needed tax relief and invests in important projects, in the Merrimack Valley and across Massachusetts, to help bolster the local economy and overall quality of living.

The legislation, which was passed with unanimous, bipartisan support, aims to ease the financial burden facing individuals and families, putting money back into taxpayers' pockets. It ensures a record \$3 billion in tax relief payments, the most ever in state history, and includes investments to support our health care system, help residents with rising utility costs and promote economic growth through job training, downtown revitalization and grant opportunities for our small businesses.

While there remains much work to be done, I am grateful we took action and passed this legislation, which will help to ease the economic hardships faced by our communities.

Yours in service, **Diana**

12/22

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.

Come Play 45'S!
January 17, 2023 - 1:00pm
Registration required.
\$3.00pp. Call 978-983-8825



Congratulations to the Dec 14 game winners:
1st place: Norm Bretton and Evelyn Ramey
2nd place: Bob Gordon and Al D'Agata

Give the Gift of a Lift



Assist older adults with transportation to medical appointments.

Volunteer to drive when and where you want.

Learn more at www.driveforneet.org/volunteer or call 978-388-7474.

