



**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**

**MARCH 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](http://www.cityofmethuen.net).***

### MARCH EVENTS CALENDAR

- 2 The Talk. Current events discussion. 10:30-12:00n
- 3 Puzzle Party. 9-12. Work together or on your own.
- 3 Office hours with State Reps. Ryan Hamilton and Estella Reyes 10-12n. Stop in with questions, concerns or just to say hello. 
- 6 Bingo 1:00-3:00pm.
- 9 45's. 1:00-3:00pm. \$3.00pp. Pre-register in office.
- 9 Informational Health Talk: Importance of Good Nutrition. 10:00am. Sign up in office.
- 10 Coffee, Coloring & Conversation. 9:30am.
- 10 Kindness Rocks 10:00am. Drop in.
- 10 Office hours with State Senator Pavel Payano. 10-12pm. Stop in with questions, concerns or just to say hello.
- 13 Bean Bag Toss game. 1-3pm. All invited to play!
- 13 Crafting with Jennifer. 10:00am. Pre-register in office.
- 13 Shamrock Hunt! How many can you find? More inside
- 14 American Sewing Guild. 1-4pm.
- 15 National Grid representative office hours. 10-12pm
- 15 Loss & Transition support. 10:00am.
- 16 Veterans office hours 10-12:00.
- 16 Informational Talk: Ethics of Fibbing. Presented by Bridges of Epoch. More inside. 10:45am.
- 16 The Talk. Current events discussion. 10:30-12:00n
- 17 Office hours. State Senator Pavel Payano and State Representative Estella Reyes. 10-12pm. Stop in with questions, concerns or just to say hello.
- 20 Bingo. 1-3pm.
- 20 Movie Matinee. 1pm. "Waking Ned Devine"
- 21 Karaoke. 1:30-3:30pm Everyone is invited to sing!
- 23 "Trivia presented by Methuen Village. 10:00am. More details inside.
- 24 Puzzle Party. 9-12pm. Work together or on your own.
- 24 Kindness Rocks. 10:00am. Drop in.

- 27 45's. 1-3:00pm. \$3.00. Preregister in office.
- 28 Needlz club. Knitting, etc. 9-11. More inside
- 31 Fuel Assistance application help. 9:00-11:30.
- 31 Free Art. 10-12. More details inside.

#### Shamrock Hunt!

A lucky little leprechaun will spread a little St. Patrick's Day cheer by placing sparkly green shamrocks around our center.   
 Beginning Monday March 13, pick up an entry card and start a list of all the shamrocks you find hidden around the Center. Drop off your entry (one per person) by 11:00am Friday March 17 to be entered to win an Irish themed gift basket!  
 Join in the shenanigans... How many can you find?

#### Mark Your Calendar for this year's **Silent Auction Fund Raiser** **April 1 – April 28, 2023**



at Nevins Memorial Library, 305 Broadway, Methuen  
 to support Programs and Activities at the  
 Methuen Senior Activity Center  
 15 beautiful handmade items up for auction  
 including *Ceramics, Knitting, Needlework, Painting,*  
*Photography, Woodworking, Quilting!*



**INFORMATIONAL HEALTH SESSION**  
**The Importance of Good Nutrition**  
*presented by Element Care*  
**Thursday, March 9, 2023 ~ 10:00am**  
 at Methuen Senior Activity Center

All are invited to attend. Please RSVP, 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 February 2023 winners:

	<b>Ann &amp; Patrick Danahy</b>	<b>\$188.10</b>	
	<b>Carol Tudisco</b>	<b>\$112.86</b>	
	<b>Frances Waring</b>	<b>\$ 75.24</b>	

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!

## METHUEN SENIOR ACTIVITY CENTER, INC BOARD OF TRUSTEES

### EXECUTIVE COMMITTEE

Alfred D'Agata, President  
Pauline Hoh, Vice President  
Kay Espinola, Treasurer  
Tom Gradzewicz, Clerk  
Linda Sheehan, Executive Director  
Donald Marcus, COA Representative  
Shirley King, Trustee Representative  
Maureen Sharrock, COA Chair

### TRUSTEES

Ken Ackroyd, Judith Anselmi, Debra Blood,  
Linda Bongiorno, Yolande Bourassa,  
Diane Corriveau, Barbara D'Agata, Dan DiBurro,  
Nancy Donigian, Evelyn Ebert, Barbara Ell,  
Marilyn Freeman, Fran Gradzewicz,  
George Hargreaves, Pauline Hargreaves,  
Genevieve Marks, Josephine McDougall,  
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.

## 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 <sup>st</sup> Prize	2 <sup>nd</sup> Prize	3 <sup>rd</sup> 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!)



## 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.

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.

## 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).



## SHINE NEWS

### *Are you considering an exciting volunteer opportunity?*

Being a SHINE counselor is rewarding – you assist people with navigating Medicare while enjoying an ongoing learning opportunity. SHINE: Serving the Health Insurance Needs of Everyone (on or eligible for Medicare) is a federally funded SHIP program (State Health Insurance Assistance Program).

SHINE counseling is a free, objective and confidential service offered throughout the country to help people sort through confusing information about Medicare and related health insurance. How does it work? Local community organizations partner with trained counselors who provide Medicare information, counseling, and education services in your community.

SHINE counselors attend an extensive training and ongoing support to learn how to assist beneficiaries and their families about their unique situations and help them make informed decisions to meet their Medicare needs.

If you are interested in learning more about the next training beginning in April, call the Regional SHINE office to ask for an application: 978-946-1374, or email: [lrose@agespan.org](mailto:lrose@agespan.org)



Participants of the Tai Chi class, led by Allen Drelick (center), celebrated the *Year of the Rabbit* on Jan 31.

~ ~ ~

All seniors are invited to try this ancient Chinese martial art form that connects mind and body through gentle flowing movements designed to reduce stress and improve health and balance.

Tuesdays 12:30-1:15pm.

Call for more information, 978-983-8825

## SHINE NEWS

### *Is your Medicare Plan best for you?*

If you are currently enrolled in a Medicare Advantage Plan, you can make a change to your coverage from January 1 through March 31. This time is called the Medicare Advantage Open Enrollment Period.

You can change your plan to a different Medicare Advantage Plan, or you can change to Original Medicare with a supplement and a Part D drug plan. There are differences with Medicare Advantage Plans and Original Medicare, and you want to be sure you're in the plan that best fits your health care needs and your budget. The changes you make become effective the first day of the following month.

Remember that this enrollment period is only for people who already have a Medicare Advantage Plan. However, if you find yourself with a Medicare plan that is not working for you, call SHINE all year to determine what your options are.

If you are considering a change, or considering review of your plan, your local SHINE counselor will review your plan with you while focusing on your best interest. Call 978-983-8825 for an appointment.



## Calling All Ping-Pong Players!

Anyone interested in playing Ping-Pong?

All skill levels welcome!

Call 978-983-8825.





*Big thanks to ...* AgeSpan for presenting an informative Healthy Heart talk; each of the representatives of National Grid, Eversource, Greater Lawrence Community Action Council, and City of Methuen for presenting another Winter Heating Options help event in addition to regularly scheduled monthly assistance appointments; Methuen Police Department for another "Coffee with a Cop" visit and information session; Crumbl Cookies for donation of cookies for Valentine's Day Coffee hour; Methuen Veterans Department, State Representative Ryan Hamilton and State Representative Estelle Reyes' offices for providing convenient monthly office hours for Methuen seniors.

*Stop in often again this month for programs designed to keep you active, informed & entertained!*

## KINDNESS ROCKS CRAFT PROJECT!

with Yvonne Paplaskas

**March 10 & 24, 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!



Like to play cards?

How about WHIST?



Play this month on Thursdays March 2,9,16,23,30 from 1-3pm. Call us to sign up! 978-983-8825

## INFORMATIONAL SESSION

Dementia Education with Bridge by EPOCH  
at Methuen Council on Aging

Thursday, March 16, 2023 ~ 10:45am

### The Ethics of Fibbing

Lying is always wrong...right? Dementia experts say no. Learn how to use therapeutic fibbing to comfort your loved one, validate their sense of self, and protect their emotional health.

Sarah Turcotte from Bridges of EPOCH will be joining us to provide support and education to local caregivers. She will have Memory Care specialist from EPOCH Senior Living, Alicia Seaver live on the virtual platform. Caregiver resources, materials and refreshments will be available. Also, an opportunity for Q & A with Alicia & Sarah.

Please RSVP at 978-983-8825.



## THE TALK! March 2 & 16, 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

**March 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.



## 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.



## INFORMATIONAL SESSION TRIVIA!

by Methuen presented Village  
March 23, 2023 ~ 10:00am

Join us for a session of fun, broad range Trivia ...from History to Music  
Refreshments and Prizes

All are invited! Call 978-983-8825 to sign up!





## 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 Heath 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.

### 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!*





## KHP Kenneth H. Pollard FUNERAL HOME

233 Lawrence St.  
Methuen, MA 01844  
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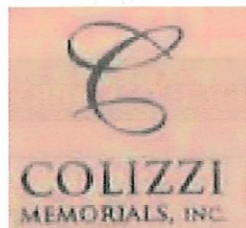
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## TRAVEL WITH US!



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 on them throughout the trip. Wallet sized "File of Life" information packets are available free, in the office, for your convenience.

- Mar 15 The MacTougas Brothers Band & Bobby O'Justin's "Irish Celebration" at Danversport Yacht Club. lunch and Show. \$112pp. 10:45am
- Apr 20 Jimmy Mazz "Legends and Laughter" with lunch at The Venezia, Boston. \$112pp. 10:00am
- May 18 Mark Shelton as "ELVIS" at Wright's Farm, Rhode Island. Lunch & Show. \$112pp. 9:45am
- June 5-7 A Taste of Vermont (Burlington/Shelburne Areas). Bakers' Store, Shelburne Museum, Rock of Ages, VT Teddy Bear Co., Ben & Jerry's Factory Tour, Trapp Family Lodge & more. Dinner, 2 breakfasts, dinner cruise, lodging. \$620pp/dbl, \$809pp/single.
- June 20. Spirit of Boston Luncheon Cruise. \$123pp. 10:00am
- July 19 Christmas in July featuring Dueling Pianos. Scenic Maine Coast, Lobster Bake at Foster's, York, ME. \$122pp. 10:30am.
- Aug 2 The Edwards Twins at Lake Pearl, Wrentham, MA. Lunch & Show. \$122pp. 10:00am.
- Aug 22 Boston Duck Tour with lunch at Maggiano's. \$126pp. 9:00am.
- Sept 14 Tribute to The Carpenters at White's of Westport. Lunch & Show. \$112pp. 9:45am
- Oct 10 Hart's Turkey Luncheon/Hobo Railroad, Lincoln, NH. Lunch, scenic rail ride, shopping. \$118pp. 8:45am.
- Nov 1 60's Patriotic Tribute with The Sixties Invasion at Danversport Yacht Club. Lunch & Show. \$112pp. 10:45am.

### A message from the Department of Transitional Assistance Federal Extra COVID SNAP Ending

**What is Covid SNAP?** During COVID, Massachusetts households have been getting extra SNAP at the beginning of each month to buy food.

Due to federal action, the last COVID SNAP payment is March 2, 2023.

How will this impact my SNAP benefits? Starting in April, you will get only 1 monthly payment. That is your normal benefit. Find the amount on DTA Connect or by calling 877-382-2363.

Reminder: unused SNAP benefits roll over each month. Change the PIN on your EBT card regularly to protect your benefits.

You may be able to increase your normal SNAP benefits by telling DTA about:

- Medical costs over \$35 a month for anyone in your SNAP household who is 60 or older or has a disability.
- If your housing costs have gone up (rent/mortgage), and
- Child or disabled adult costs.

Tell DTA About These Costs:

Upload a written note on DTA Connect

Call the DTA Assistance Line at 877-382-2363

Visit a DTA office or work with a community SNAP outreach partner: [Mass.gov/ContactDTA](https://www.mass.gov/ContactDTA)

*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 Veterans Department Visiting Office Hours

Methuen Veterans Director, Paul Jensen will hold visiting hours at our Center on the 3<sup>rd</sup> 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



## Loss & Transition Bereavement Support March 15, 2022 ~ 10:00am

Have you or someone you know recently lost a loved one? Need someone to talk to? The monthly Loss & Transition support group program hosted by Beacon Hospice meets monthly at Methuen Senior Activity Center, 77 Lowell St. For additional information, call Lucille Bonanno or Jacquie Marchand, bereavement coordinators at Beacon Hospice at 978-837-3333.



## 6 WEEK PHOTOGRAPHY CLASS 10:00am – 11:00am

March 3, 10, 17, 24, 31 & April 7, 2023

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, 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.



## POSITIVE THOUGHTS



May your troubles be less,  
and your blessings be more,  
and nothing but happiness  
come through your door.  
~ Irish Blessing ~

## Adopt ~ A ~ Grandparent Program

The Adopt-a-Grandparent Program, now in its 20<sup>th</sup> year meets Wednesdays from 2:15-3:30pm. Methuen High School Students and Methuen Senior Activity Center Participants get together weekly to play cards and games, make crafts, talk about current events and so much more!

Everyone is welcome! If you would like to join call us at 978-983-8825!



## ACCESSIBILITY NOTICE

Anyone needing an access accommodation to participate in City of Methuen programs or services, please contact Sandy Almonte, ADA Coordinator at [SAlmonte@ci.methuen.ma.us](mailto:SAlmonte@ci.methuen.ma.us) 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



## 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).



## Come Play 45's! March 9 & 27, 2023 - 1:00pm Registration required. \$3.00pp. Call 978-983-8825



Congratulations to the Feb 15 game winners:  
1<sup>st</sup> place: Bob Mahoney & Jessie Grace  
2<sup>nd</sup> place: Wendy Sullivan & Mike Welch

## 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 1<sup>st</sup> 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!

## Be a Lucky Charm Volunteer to Drive

Older adults in your community need help with transportation. You decide when and where to drive. Mileage reimbursement provided.



Call NEET at 978-388-7474 or visit [www.driveforneet.org/volunteer](http://www.driveforneet.org/volunteer) to learn more.

