



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

AUGUST 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.

AUGUST EVENTS CALENDAR

- 2 Farmer's Market Coupon Distribution. 9:00am.
- 2 *Informational Table* in lobby. CedarView Rehabilitation and Healthcare Center. 9:30-10:30am
- 3 *Informational Health Session*. Skin Conditions. 1:00pm. GLFHC. More inside.
- 4 Office hours with Rep. Estella Reyes and Rep. Ryan Hamilton. 10-12pm.
- 4 Kindness Rocks. Rock painting. 10:00am
- 7 Bingo 1:00-3:00pm.
- 8 American Sewing Guild. 1-4pm.
- 8 Learn to Play 45's with Ken Ackroyd. 1:00pm Details inside.
- 9 Movie Matinee. 12:30pm. *A Man Named Otto*.
- 10 Health Literacy Talks. 10:30am. More inside
- 11 Outdoor lawn games: Bocce & Washers. Weather permitting. 10-12pm
- 14 45's Game! 1-3pm. *To sign up call 978-983-8825.*
- 16 Dominoes in Spanish. Hosted by CedarView. 1pm. More details inside.
- 17 Veterans Dept. visiting office hour. 10am.
- 17 The Talk. Current events discussion. 10:30am.
- 18 Kindness Rocks. Rock painting. 10:00am
- 21 Crafting with Jennifer. Patriotic Paper Flowers. 10:30am. Sign up in office or 978-983-8825. \$5.00pp.
- 21 Bingo. 1:00-3:00pm. Sponsored by CedarView.
- 22 Karaoke 1:30-3:30pm.
- 23 Summer Tie-Dye Party. 1pm. Outdoor (rain date 8/30). Complete details inside.
- 25 Outdoor lawn games: Bocce & Washers. Weather permitting. 10-12pm
- 28 45's Game! 1-3pm. *To sign up call 978-983-8825*
- 29 Needlz Club. 9-11am.
- 29 *Special Event*: Summer BBQ Traveling Chef lunch and dance with DJ Don. 11:30am. Details inside.
- 31 The Talk. Current events discussion. 10:30am.



METHUEN SENIOR FARMER'S MARKET COUPON DISTRIBUTION ~ 2023

The Senior Farmer's Market Nutrition Program offers a limited supply of \$50 coupons to adults aged 60+ who meet income guidelines, to buy produce at their nearby Farmer's Market. The coupons are available through AgeSpan Nutrition Project and distributed by the senior center in the city/town you live in.

When: AUGUST 2, 2023 beginning at 9:00am, first come/first served while supplies last.

Where: Methuen Senior Activity Center

Who: Methuen senior residents

What: Bring photo ID and proof of residency (utility bill that shows your name & address)

Coupons distributed on a first come, first served basis, until they are gone. Recipients should make every effort to use coupons received as unused coupons will result in Merrimack Valley receiving fewer coupons next year. Recipients will be required to sign a statement saying you are 60+ years of age, live in Methuen and meet eligibility requirements.

2023 Household Monthly Income Guidelines:

1 person \$2248	2 person \$3041p
3 person \$3833	4 person \$4625

Celebrating Seniors Lunch & Dance

August 29, 2023



featuring a Traveling Chef lunch at 11:30am followed by music for dancing with DJ Don.

BBQ Chicken Breast on bun with lettuce & cheese, potato salad, coleslaw, lemonade, and cookie for dessert



Reservations for lunch must be made no later than 12:00pm Aug 21 by calling 978-983-8832. \$2.00pp

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

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Dr. Donald Marcus, DVM, Treasurer
Alfred D'Agata
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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.



50/50 CLUB WINNERS



Congratulations to the July 2023 winners:

Thomas & Frances Gradzewicz \$182.40
Gerald Makien \$109.44
Joan Plunkett \$ 72.96

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!)



Formerly Elder Services of the
Merrimack Valley and North Shore

VOLUNTEER OPPORTUNITY

Volunteers are needed to support the "Local Harvest" program at the Methuen Housing Authority to unload produce boxes and stand at stations to monitor people picking up produce.

When: Every Wednesday from July 12th until August 30th, 11:00- 12:00pm

Where: Methuen Housing Authority
(22 Mystic Street, Methuen MA)

The produce boxes are a bit heavy, so volunteers should be comfortable lifting approximately 30-50 lbs.

Interested or have more questions?

Please reach out to Sheila Hewitt at

978-946-1272 or volunteerprograms@agespan.org.

Anyone interested in volunteering will need to complete a CORI background check.

LOSS & TRANSITION BEREAVEMENT SUPPORT

The group will not meet in August but monthly sessions will resume in September.

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



Free Art and Needlz Club



For those not 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!
See events schedule for times.



Like to play cards?
How about WHIST?
Play this month

Thursdays from 1:00-3:00pm

Call us to sign up! 978-983-8825



Informational General Health Literacy Series

August 10, 2023 ~ 10:30am

Join us for the third of 8 individual sessions of this discussion series.

This month's general topic: Diabetes.

What Is Health Literacy and Why Is It Important?

Dr. Marcus, a retired doctor of Veterinarian medicine, will share his general interest and knowledge to lead basic discussion topics for obtaining and maintaining better senior healthcare. Talk about how to prepare for your next doctor visit, safety tips, and more.

All are invited to attend. Call to register 978-983-8825



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 10am-12pm. All veterans and those currently serving are welcome to stop in to discuss issues of interest to veterans or just to say hello



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



**Congratulations to Rae Pappalardo
Winner of the summertime fun
Raffle Basket at the Patriotic
Coffee Hour held July 5, 2023!**

Crafting with Jennifer

Aug 14, 2023 ~ 10:30am

Methuen Senior Activity Center

This month's craft project:

Patriotic Paper Flowers.

Space is limited. **Sign up in the office or by calling 978-983-8825.** \$5.00pp

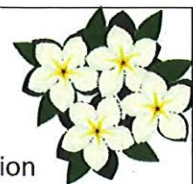


Oh those crazy, lazy, hazy days of summer... Don't forget to stay hydrated by drinking lots of water (even if you don't feel thirsty!) and protect your skin and sight with sunscreen lotion and sunglasses!



Big thanks to ... all who contributed to the services and programming in July including:

Sgt. Kevin Dzioba and all the Methuen Police Department for hosting an important (and delicious) Fraud Bingo Ice Cream Social Event with even more thanks to JayGees and Texas Roadhouse for the ice cream and game prizes; Atty. Faith Delaney and Mass Bar Elder Law for presenting valuable information on estate planning and other elder law topics; Lou Bonanno and Jacquie Marchand for facilitating the Loss & Transition bereavement support group; Veterans Director Paul Jensen for continued monthly office hour visits; Donald Marcus for hosting this month's general health literacy session on heart health; State Representative Ryan Hamilton, State Representative Estelle Reyes, and State Senator Pavel Payano's offices for providing convenient office visiting hours.



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



Please join us in welcoming Beverly Stoebel to our center! Beverly is a geriatric social worker who will volunteer Thursdays from 9am-1pm to meet with seniors who may need someone to talk to. Beverly brings with her a wealth of knowledge and is well acquainted with available resources throughout the aging network. Call the office to schedule an appointment or stop by just to say hello!

KINDNESS ROCKS CRAFT PROJECT!

with Yvonne Paplaskas

Aug. 4 & 18, 2023 – 10am

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



A Message from Social Security

If you applied for Social Security benefits, or have a pending reconsideration or hearing request, you can check the status online using your *free* personal my Social Security account. If you don't have an account, you can create one at www.ssa.gov/myaccount to see the following information about your claim:

- Date of filing.
- Current claim location.
- Scheduled hearing date and time.
- Incomplete applications.
- Servicing office location.
- Publications of interest, depending on the claim and current step in the process.

Use your personal my Social Security account to check the status of your application or appeal at www.ssa.gov/myaccount.

If you have questions about retirement, disability, Medicare, or survivors benefits, as well as Supplemental Security Income, visit our webpage at www.ssa.gov/benefits

CONGRATULATIONS



It is with great pleasure and pride that we recognize and applaud Assistant Director Susan Riccio recently nominated by Senator Pavel Payano as one of the *Commonwealth Heroine Class of 2023* and selected by the MA Commission on the Status of Women. This annual honor was presented at the State House on June 23, and goes to women recognized as contributors to their community and the Commonwealth for truly making a difference in the lives of others. Whether it's food, fuel, insurance, medication assistance or homelessness, Sue has gone above and beyond to champion assistance and discover new resources to help those most in need.

Congratulations Sue, on this well-deserved award!

INFORMATIONAL HEALTH SESSION

SKIN CARE AND CONDITIONS

presented by Greater Lawrence Family Health Center

August 3, 2023 ~ 1:00pm

(rescheduled from original July 6 date)

Come learn about basic skin conditions and issues.

Discussion to include how to protect yourself against the summer sun and signs and symptoms of different skin conditions. What's that new darkening skin spot? When should I be concerned about something new on my skin? Who do call?

Come talk with a Doctor from the Greater Lawrence Family Health Center to learn more!

All are encouraged to attend.
Call 978-983-8825 to register.



THE TALK!

August 17 & 31, 2023

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

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. 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 ~ 9:30-10:15 Line Dancing with Val ~ 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 Circle (No instruction) 9:00-11:30 ~ 10:30-11:15 Zumba ~ Painting 10:00-12:00	8:30-9:15 Gentle Yoga with Pat ~ 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
Donations of *in-season* clothing and small household items are always gratefully accepted during regular shop hours. OPEN TO THE PUBLIC!

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

MEMORIALS

Memorial donations to our center are gratefully accepted anytime in honor of your loved one.



Memorial donations received will be used toward long-lasting gifts for the Center. Memorial cards are available at the Center and from your funeral director.

Weekly Blood Pressure Clinics

Methuen Senior Activity Center
 77 Lowell St, Methuen



Tuesdays 9:00am-11:00am
 Maggie Leblanc, LPN and Faith Ouellette, RN

Thursdays 9:00am-11:00am
 Karen Ferullo, RN
No appointment needed. This is a free service, but donations are always welcome!

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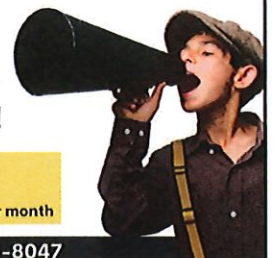
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TRAVEL WITH US!



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.

- 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.
- Dec 3 "Christmas Time" Reagle Music Theater, Waltham with lunch at The Chateau. \$135pp. 10:30am.

EXTENDED TOURS IN 2024:

Sept 4-11, 2024 Canyon Country. Scottsdale, Kaibab National Forest, Grand Canyon, Rafting on Horseshoe Bend, Lake Powell Cruise, Bryce Canyon National Park, Zion National Park, Las Vegas. \$3,799pp/do.

Dec. 4-8, 2024 Discover Spotlight on San Antonio Holiday. Mission San Jose, The Alamo, El Mercado, Fredricksburg, National Museum of the Pacific War, Choice on Tour, Historic Pearl District, Paseo del Rio Cruise. \$1,999pp/do.

Tie Dye T-Shirt Party!

August 23, 2023 ~ 1:00pm

You bring a white t-shirt, we'll supply the pre-made bottles of dye! Create a unique design of your own out on our front lawn (weather permitting/rain date 8/30).



Enjoy lemonade, listen to music and create! Sign up in office or call 978-983-8825.

Important Note: *please dress appropriately as dye is permanent and will stain your clothes if accidentally splashed or spilled.*

Dominoes in Spanish!

hosted by

Cedar View Rehabilitation and HealthCare Center

Miercoles 16 de Agosto a 1pm

Unete a nosotros para un Juego de Domino en Espanol. Venga a ver todo lo que su centro tiene para ofrecer



BOCCE & WASHERS

Now that spring is here, let's get outside!

Join us for some lawn games of Bocce and Washers



August 11 & 25, 2023 from 10:00-12:00n
(weather permitting, of course!)

All are welcome!

SHINE NEWS

Need assistance with Medicare? SHINE (Serving Health Insurance Needs of Everyone...on or eligible for Medicare) can help!

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. SHINE counselors will also assist if you find yourself enrolled in a plan that is not in your best interest by reviewing your coverage with you and helping to determine if you are qualified to make a change at this time of year. To schedule a SHINE appointment, call 978-983-8825.

~ POSITIVE THOUGHTS ~

"Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time." ~ John Lubbock

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-May 12).



Dig in and Volunteer



Make a difference in someone's life!
Volunteer to drive older adults.
Drive when and where you want.
Mileage reimbursement provided.

Visit www.driveformeet.org/volunteer or call 978-388-7474 to learn more about volunteering.



Come Play 45'S! All are welcome!

Aug 14 & 28, 2023 - 1:00pm

Call 978-983-8825 to register. \$3.00pp.

Congratulations to the June 21 game winners:

1st place: Claire Boisvert & Mike Welch

2nd place: Anne Parkhurst & Paul Martin

and the July 17 game winners:

1st place: MJ Lambert & Patricia Villani

2nd place: Patrick Villani & David Michaud



Want to play 45's but don't know how?

Join Ken Ackroyd to learn!

August 8, 2023 ~ 1:00pm

Call 978-983-8825 or stop by the office to sign up. Beginners only ~ free.



A Message from RMV Community Outreach

Did you know customers aged 65 and older and customers with disabilities can schedule an appointment at most Registry of Motor Vehicle service locations during available times, Monday-Friday, 9:00am-5:00pm?

Appointments are required for driver's license and ID related transactions. Appointments are not required for registration related transactions. Seniors over 65 and disabled can ask for assistance with appointments by emailing MassDOTRMVSeniors@dot.state.ma.us and can expect a response within 48 hours. As a reminder, MA law requires customers age 75+ to renew their driver's license in person. AAA members may be eligible to renew license/ID or registration at AAA but must make an appointment by calling your local AAA office.

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 once a month 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.

ACCESSIBILITY NOTICE

Anyone needing an access accommodation to participate in City of Methuen programs or services, please contact Sandy Almonte, ADA Coordinator at 978-382-2123 or SAlmonte@ci.methuen.ma.us at least 2 weeks in advance, or 2 business days before any Board or Commission meeting. This notice is available in alternative formats upon request



Durable Medical Equipment Loan Program

The Methuen Senior Activity Center offers a durable equipment loan program. Items for loan include walkers, wheelchairs, canes, tub seats and several other items, based upon availability. Often, this type of equipment is needed for only a short period of time and can impose an extra expense upon the user. Seniors are welcome to borrow the equipment on a temporary basis as a cost-saving measure. We gratefully accept donations and returned items. For complete details, to inquire if what you need is available for loan, or to return a borrowed item, call the center at 978-983-8825.



AMERICAN FLAGS

The Methuen Senior Activity Center gratefully accepts donations of large sized (5'x8') American Flags for the flagpole on our front lawn.

Often, this size is too large for a residential flagpole, but we will proudly display it here!



METHUEN SENIOR ACTIVITY CENTER
CRAFT CLASS REGISTRATION



Looking to pick up a new hobby or learn a new skill?
Craft classes are set to begin again in September!
Call for more information!

Classes run in ten-week sessions. The first session begins on or around the second week of September, the second session around the first week in January and the third session around the third week in March. Participants are greatly encouraged to sign up for a full session. Exceptions and refunds will only be possible in the event of illness or unanticipated issues concerning care-giving and other difficulties.

CERAMICS. Sandy Avila teaches two sessions every Tuesday, 9-11:30am and 12:30-3:00pm. Sandy offers a wealth of experience in ceramic artistry and can help you create just the piece you've always wanted! Space is limited, so be sure to sign up early for this popular class. Session start date: *September 19*.

PAINTING. Lisa Buglione offers instruction, pointers, and encouragement to budding artists. Fun & creativity are the keys to success with the paintbrush and a hidden talent can be found at any age! Wednesday 10:00 -12:00pm. Session start date: *September 13*.

QUILTING. Cyndi Ferguson will teach this popular medium on Wednesdays from 9-11:00am. A skillful quilter, Cyndi is familiar with a variety of quilting styles and welcomes everyone from the beginner to the advanced to come create a wonderful piece of your own. There is something very warm and wonderful about quilts... make one for yourself or create an heirloom for someone you love! Session start date: *September 6*.

JAPANESE BUNKA. Beverly Enos teaches this beautiful and unique craft Thursdays from 9:30-11:00am. Having learned the art in Japan herself, Beverly comes highly qualified to teach this unique medium. Come learn to create beautiful artwork through this special technique. (See office for class cost). Session start date: *September 14*.