



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

SEPTEMBER 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.

SEPTEMBER EVENTS CALENDAR

- 1 Kindness Rocks. Rock painting. 10:00am
- 4 Labor Day. Center Closed.
- 6 Movie Matinee. "The Book Club". 12:30pm..
- 6 Quilting Class begins. Sign up in office.
- 7 *Informational Health Session*. Diabetes discussion. 1:00pm. GLFHC. More inside.
- 7 The Talk. Current events discussion. 10:30am.
- 11 Crafting with Jennifer. Magazine Mosaic. 10:30am. Sign up in office or 978-983-8825. \$5.00pp.
- 11 Bingo 1:00-3:00pm.
- 12 *Coffee Hour*. 9:15. Hosted by Central District Candidate Tony Jones.
- 12 American Sewing Guild. 1-4pm.
- 13 Painting Class begins. Sign up in office.
- 13 *Special Event*. Tommy Rull, singer/entertainer. 1-2pm. Free. Sponsored by Methuen Cultural Council.
- 14 Day Trip: "Carpenter Tribute"
- 14 Health Literacy Talks. 10:30am. More inside
- 14 Japanese Bunka class begins. Sign up in office.
- 15 Kindness Rocks. Rock painting. 10:00am
- 18 *Informational Session*: KevTech iPhone basics. 10:30am.
- 18 45's Game! 1-3pm. *To sign up call 978-983-8825*
- 19 *Informational Session*: Falls Prevention with Melissa Donegan of AgeSpan. 10:30am.
- 19 Karaoke 1:30-3:30pm. All are welcome!
- 19 Ceramics class begins. Sign up in office.
- 20 Loss & Transition Bereavement Support. 10am.
- 20 *Informational Series*. Buried in Treasure. More inside.
- 20 Domino's en Espanol. 1:00pm.
- 21 Veterans Dept. visiting office hour. 10am
- 21 The Talk. Current events discussion. 10:30am.
- 22 *Informational Session*: The ABC's & D's of Medicare. 10:30am Speaker: Margot Messier, MA General Brigham. More inside
- 25 *Tentatively scheduled*. Flu Shot Clinic. Call for developing details.
- 25 Bingo. 1:00-3:00pm. Sponsored by Cedar View Rehab & Health Ctr.
- 26 Needlz Club. 9-11am.
- 26 *Informational Health Session*: Alzheimer's Walk Simulation. 2:00pm. Sponsored by Salem Woods.
- 28 Happy Hearts Chorus Big Show! 1-3pm. Details inside.



Mark your calendar now!

Happy Hearts Chorus

Annual BIG Show

**"British Invasion
Meets America"**



Thursday, Sept. 28, 2023

1:00pm

Open to the Public! In lieu of admission, please bring a non-perishable food item to help fill Methuen food pantries!

INFORMATIONAL HEALTH SESSION

Fall Prevention

Sept. 19, 2023 ~ 10:30am

Presented by

Melissa Donegan of AgeSpan



Falls continue to be a national public health concern. Did you know you can prevent your falls risk with just a few simple steps? Come learn the risks of falling, tips to stay independent, and some proactive ways to stay falls free!

Call 978-983-8825 to register.

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 Ciofalo, Secretary
Dr. Donald Marcus, DVM, Treasurer
Alfred D'Agata
Linda Soucy
Christine Metzemaekers*

50/50 CLUB WINNERS

Congratulations to the August 2023 winners:

\$	Marcelle Larocque	\$180.50	\$
	Marilyn Virella	\$108.30	
	Paul Catalano	\$ 72.70	

*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

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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 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!)

LOSS & TRANSITION BEREAVEMENT SUPPORT

September 20, 2023 ~ 10:00am

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 offering each other encouragement and support as you create!

See events schedule for meeting times.



Crafting with Jennifer Sept. 11, 2023 ~ 10:30am

This month's craft: **Magazine Mosaic.**

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



Informational General Health Literacy Series

September 14, 2023 ~ 10:30am

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

This month's general topic:

Arthritis & Joint Pain

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



Visiting Office Hours with your Public Officials

Rep. Estella Reyes - Sept. 22, 10am-12pm

Rep. Ryan Hamilton - Sept 1 & Sept 15, 10am-12pm
Methuen Veterans Director, Paul Jensen
3rd Thursday of the month from 10am-12pm.

All are welcome to stop in to discuss issues, concerns or just to say hello

Buried in Treasures in Methuen

The Methuen Health Department is partnering with Methuen Senior Activity Center for a **Buried in Treasures** (BiT) group. The program starts **Wednesday, September 20th** from 12:30 – 2:00 pm and will be held **once a week for 15 weeks**.

Buried in Treasures (BiT) is a relaxed, non-judgmental program that teaches you how to build insight, skills and strategies to help declutter, get organized and reduce acquiring.

- Are there stacks of paper in nearly every corner of your house?
- Are your closets, cupboards and other storage areas overflowing with items?
- Is it difficult to access essential areas of your home like the kitchen, bathroom, or bedroom?
- Are you embarrassed to have someone come into your home?
- Do you want to declutter, but are overwhelmed on where to begin?



If you answered "yes" to any of these questions, this workshop may be for you!

The class is free with books and materials provided by Greater Lowell Health Alliance. Individuals who join the course will receive their own copy of the book **"Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding."** Open to all Methuen residents.

*Pre-registration is required. For questions or to sign up contact
Patrick McCarty at 978-857-1813 or at pmccarty@ci.methuen.ma.us*

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

Cedar View Rehabilitation and Healthcare Center for sharing valuable information about their facility and service and hosting a *Dominoes en Espanol* game day; **Greater Lawrence Family Health Center** for presenting a skin condition informational session; **Ken Ackroyd** and **Barbara Ell** for teaching a beginner 45's class (*so everyone can join in the fun!*); **Jennifer Loiselle** for 2 fun craft projects ~ patriotic paper flowers and a tie dye t-shirt party; **Veterans Director Paul Jensen** for continued monthly office hour visits; **Donald Marcus** for hosting this month's general health literacy session on Diabetes; **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!

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!

More Clinic Services...

Beverly Stoebel support and referral services

Thursdays from 9:00am-1:00pm

Call 978-983-8825 to schedule an appointment.

KINDNESS ROCKS

CRAFT PROJECT!

with Yvonne Paplaskas

September 1 & 15, 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!

INFORMATIONAL HEALTH SESSION

DIABETES

presented by Greater Lawrence Family Health Center

September 7, 2023 ~ 1:00pm

Come talk with a Doctor from the Greater Lawrence Family Health Center to learn more about Causes, Symptoms, Treatment, Prevention.

All are encouraged to attend.

Call 978-983-8825 to register.

INFORMATIONAL HEALTH SESSION

A WALK IN THEIR SHOES

Dementia Simulation

presented by

The Residence at Salem Woods

September 26, 2023 ~ 2:00pm



Join a dementia specialist from Salem Woods to take you through a simulation experience to better understand and empathize with what living with Alzheimer's or other forms of dementia can be like.

They will guide you through challenges of compromised vision, hearing and dexterity, which all affect cognition.

All are encouraged to attend.

Call 978-983-8825 to register.

FLU SHOT CLINIC

The City of Methuen Health Department to offer a Flu Shot clinic *tentatively scheduled*
Sept. 25. Call for developing details.



THE TALK!

September 7 & 21, 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



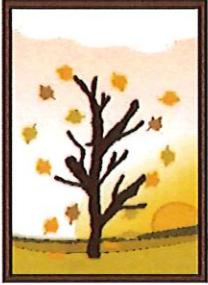
Cost per class/\$2.00. Anyone not feeling well, (colds, flu, covid or close covid contact) is asked to isolate before attending class. Participants are asked to arrive and depart classes promptly and bring a change of indoor shoes for class.

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 ~ Ceramics 9:00-11:30 ~ 9:30-10:15 Line Dancing with Val ~ Ceramics 12:30-3:00pm ~ 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 Class Beginner & Experienced 9:00-11:00 ~ 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 ~ 10:30-11:15 Line Dancing ~ 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.

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.



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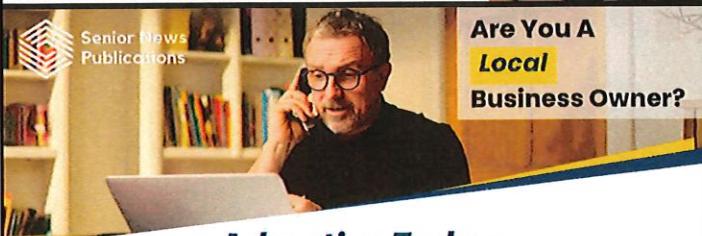
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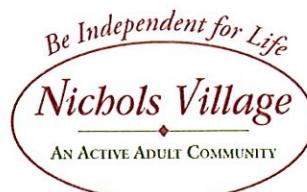
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TRAVEL WITH US!



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.

- 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, Fredericksburg, National Museum of the Pacific War, Choice on Tour, Historic Pearl District, Paseo del Rio Cruise. \$1,999pp/do.

Dominoes in Spanish!

hosted by

Cedar View Rehabilitation and HealthCare Center

Miercoles 20 de Septiembre a 1:00pm

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



INFORMATIONAL SESSION

The ABC's and D's of Medicare presented by

*Margo Messier of
MA General Brigham*

September 22, 2023 ~ 10:30am



All are invited to come learn about Medicare from every angle. We'll help you understand the health care, coverage, and benefits of Medicare and walk through Medicare Advantage plans centered on you.

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

~ POSITIVE THOUGHTS ~

"Autumn leaves don't fall, they fly. They take their time and wander on this their only chance to soar."

~ Delia Owens

SHINE NEWS

Need assistance with Medicare?

Turning 65 or thinking about your Medicare coverage? SHINE counselors can help you with all things Medicare!

And...mark your calendar:
**Medicare Open Enrollment:
October 15 – December 7.**

This is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect with your current plan in 2024, or to see if there is another plan that may be more cost-effective for you. You may also benefit from cost-savings programs that a SHINE counselor will explain to you. Your health insurance costs are an important part of your budget, and SHINE is available all year to help you review your plans and costs.

SHINE = Serving the Health Insurance Needs of Everyone...on or eligible for Medicare. Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare.

To schedule a SHINE appointment or for more information, stop by the office or call 978-983-8825.

METHUEN SENIOR ACTIVITY CENTER CLASS REGISTRATION



Looking to pick up a new hobby or learn a new skill? Craft classes begin this month!



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*.

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*.

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*.

Free Special Event!



September 13, 2023
1:00-2:00pm

Methuen Senior Activity Center
77 Lowell St, Methuen

Tommy Rull, Singer/Entertainer

A Musical Journey Through the Years

Enjoy songs of Sinatra, Perry Como, Elvis, Neil Diamond, Engelbert, Kenny Rogers, Lou Rawls, Paul Anka, Harry Belafonte, Barry Manilow, Nat King Cole & more!

This program is supported in part by
Massachusetts Cultural Council
community's local cultural council



GOT QUESTIONS?

Do you need information or direction applying for assistance? 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). Call 978-983-8825.



Come Play 45's!

All are welcome!

September 18, 2023 - 1:00pm
October 2 and 23, 2023 – 1:00pm

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

Congratulations to the August 14 game winners:

1st place: *Carole Bergeron & Patrick Villani*

2nd place: *Pauline Freeman & Wendy Sullivan*



INFORMATIONAL SESSION

Learn the basics of your iPhone
with KevTech Services
Monday September 18, 2023
10:30am



Fall into a Wonderful Volunteer Opportunity



NEET
Northern Essex Elder Transport, Inc.

Your time will be well spent helping local older adults with transportation. You decide when and where to drive.

Call 978-388-7474 or visit www.driveformeet.org/volunteer to learn more and start helping today!



Happening elsewhere in the community... The Methuen Festival of Trees, as part of its 30th anniversary, will host a "Community Celebration" on Sept. 9 from 11am-3pm at the Methuen Museum of History, 37 Pleasant St. Visitors can enjoy guided tours of the Museum and a brief trolley tour of other historic properties that have benefited from the support of the Festival of Trees. Games and treats for children and all the community! Visit <https://www.methuenfestivaloftrees.com/> or Facebook <https://www.facebook.com/methuenfestivaloftrees/> for more information. All are invited!