

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

OCTOBER 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.

OCTOBER EVENTS CALENDAR

- 2 Kindness Awareness Week. Join us for a week of kindness projects. See details inside.
- 2 45's Game! 1-3pm. To sign up call 978-983-8825
- 5 The Talk. Current events discussion. 10:30am.
- 5 **Informational Health Session.** Pharmacy talk. 1:00pm. GLFHC. More inside.
- 6 Office Hours with Representatives Hamilton & Reyes. 10-12
- 6 Kindness Rocks. Rock painting. 10:00am
- 9 **Columbus Day Holiday.** Center Closed.
- 10 Meet & Greet with mayoral candidate Matthew Wicks. 8:30-10:30am.
- 10 American Sewing Guild. 1-4pm.
- 11 **Special Event:** Gothic Ghost Tales by Candlelight with Rita Parisi, Waterfall Productions. 1:00pm. Sponsored by Mass Cultural Council.
- 12 **Informational Health Session:** Be Salt Smart. Presented by Leigh Hartwell, Dietician from AgeSpan. 10:30am
- 14 **Free breakfast** sponsored by Committee to Elect Mayor Perry. 9-11am.
- 16 Halloween Treasure Hunt. Details inside.
- 16 Crafting with Jennifer. No sew fall themed pillow. 10:30am. Sign up in office or 978-983-8825. \$5.00pp.
- 16 Bingo. 1:00-3:00pm. Sponsored by Giving Tree Senior Living.
- 17 **Senior Supper:** Methuen Fire Department hosts free senior supper 4:00pm-6:00pm. Details inside.
- 18 Coffee & Mask Making hosted by Brightview. 9:30am.
- 18 Loss & Transition Bereavement Support. 10am.
- 18 Dominoes en Espanol. 1:00pm. Hosted by CedarView
- 18 Adopt-a-Grandparent program resumes. 2:30pm. All are invited.
- 19 Veterans Dept. visiting office hour. 10am
- 19 The Talk. Current events discussion. 10:30am.
- 19 Health Literacy Talks. Spine. 11:00am. More inside
- 20 Kindness Rocks. Rock painting. 10:00am
- 20 Office Hours with Representatives Hamilton . 10-12
- 23 **Informational Session:** KevTech iPhone basics. 10:30am
- 23 45's Game! 1-3pm. To sign up call 978-983-88 25
- 24 Movie Matinee. The Book Club 2. 12:30pm.
- 24 Karaoke 1:30-3:30pm. All are welcome!
- 26 Coffee Hour with City Council candidate, DJ Beauregard. 12-1pm. .
- 27 Coffee Hour with City Council candidate Joyce Campagnone. 10:30am
- 30 Bingo 1:00-3:00pm. Sponsored by CedarView
- 31 Halloween Fun – 2:00pm. Details inside.



FREE SENIOR SUPPER



**Hosted by
Methuen
Fire Dept.**

**Hamburgers, Hot Dogs,
Cole Slaw & Potato Salad**
*Methuen Activity Center, 77
Lowell St, Methuen*

**Tues. Oct 17, 2023
4:00-6:00pm**

**All Methuen
Seniors Invited!**



FREE PERFORMANCE EVENT

*Join us for a delightfully
spooky afternoon full
of spine-tingling*

**Gothic
Ghost Tales
By Candlelight**
*Performed by Rita Parisi
of Waterfall Productions*



**October 11, 2023,
1:00pm**

*This free event is sponsored
by Methuen Cultural Council,
a local agency supported by
the Massachusetts Cultural Council.*

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 September 2023 winners:



Victor Hidish \$181.45
Sharon McKenna \$108.87
MaryAnn Proctor \$ 72.58



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 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

October 18, 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 Needlez 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 October 16, 2023 ~ 10:30am

This month's craft: **No-Sew Fall Pillow**
Space is limited. **Sign up in the office or by calling 978-983-8825. \$5.00pp**



Informational General Health Literacy Series

October 19, 2023 ~ 11:00am

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

This month's general topic:

SPINE: common ailments as we age, what we can do to prevent deterioration from foods to exercise.

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 - October 6, 10am-12pm
Rep. Ryan Hamilton - October 6 & 20, 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

KINDNESS WEEK ~ October 2 – October 6, 2023

SPREAD KINDNESS LIKE CONFETTI

Check out the Kindness Table in our lobby with information on the positive benefits of spreading kindness, encouragement, and friendship. Each day will feature a different activity or project that everyone can enjoy.

Monday. Let's start a Kindness Wall and Paper Chain. Folks are encouraged to share a good deed they've done or would like to do on colorful strips of paper that can be linked to together! Let's see how long we can get our chain. Sticky notes and colorful paper strips will be available to attach to the kindness wall – both will be weeklong activities.

Tuesday: Kindness Challenge Cards. Kindness Acts cards will be placed on the table. Examples include: holding the door, calling a friend or relative, etc. Folks are encouraged to take a card, complete the act. Feel free to share a link on the chain or note on the wall!

Wednesday: Kindness Movie Matinee. "Wonder". 12:30pm *Based on the NY Times bestseller, Wonder tells the story of August Pullman. "Born with facial differences that, up until now, have prevented him from going to a mainstream school, Auggie Pullman becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates, and the larger community all struggle to discover their compassion and acceptance, Auggie's extraordinary journey will unite them and prove you can't blend in when you were born to stand out."*

Thursday: Kindness Awareness- Touched by Cancer. A cancer cardboard tree will be erected in the lobby. Folks are encouraged to share how cancer has affected them on a message strip to be twisted into a ribbon to pin on the tree

Friday: Cards & Care Packages for Veterans. Working with Methuen Veterans Director, Paul Jensen, we'll collect cards and care supplies through to Veteran's Day in November to share our appreciation and admiration for their service.

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

Cedar View Rehabilitation and Healthcare Center for sharing valuable information about their facility and service and hosting a *Dominos en Espanol* game day; Ken Ackroyd and Barbara Ell for teaching a beginner 45's class (*so everyone can join in the fun!*); Central District city council candidate Tony Jones for hosting a meet & greet coffee hour; Sir Pennycandy's Apothecary for generously supplying treats for our monthly matinee; Veterans Director Paul Jensen for continued monthly office hour visits; Donald Marcus for hosting this month's general health literacy session on arthritis and joint pain; Kevin Figueroa of KevTech Services for teaching great iPhone tips & tricks; Melissa Donegan of AgeSpan for an informative Falls Prevention talk; Patrick McCarty of Methuen HHIS for facilitating a 15 week *Buried in Treasures* workshop for decluttering; Margot Messier of MA General Brigham for presenting valuable information on Medicare just in time for open enrollment period; The Residence at Salem Woods for hosting an eye opening Alzheimer's informational and walk simulation; the Happy Hearts Chorus for another fantastic "Big Show" and to guest emcees Kelly Townsend and Karen Ferullo of Methuen HHIS and to everyone who supported the show and food drive; 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!

INFORMATIONAL HEALTH SESSION

Be Salt Smart

Join Registered Dietician, Leigh Hartwell of AgeSpan for an interactive nutrition discussion on sodium intake and your health.

Thursday, October 12, 2023 ~ 10:30am

Topics covered include:

- Health impacts of dietary sodium
- Current sodium recommendations
- Understanding nutrition labels
- Hidden sources of sodium
- Salt substitutes
- DASH diet
- Q & A time with the nutritionist



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

*The small changes you make today
can improve your quality of life tomorrow*

KINDNESS ROCKS CRAFT PROJECT!

with Yvonne Paplaskas
October 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!



INFORMATIONAL HEALTH SESSION

PHARMACY TALK

General Medicine Management
presented by Greater Lawrence Family Health Center
October 5, 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.

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 Stoebe, BSW is available
Thursdays from 9:00am-1:00pm to offer support
and referral services to those in need.
Call 978-983-8825 to request an appointment.

~ POSITIVE THOUGHTS ~

"As long as autumn lasts, I shall not have hands,
canvas, and colors enough to paint the beautiful
things I see."

~ Vincent van Gogh

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 ~ 1:00pm Beginner 45's ~ 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 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

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. M2emorial cards are available at the Center and from your funeral director



ACCESSIBILITY NOTICE

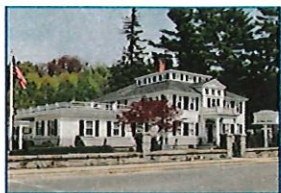
Anyone needing an access accommodation to participate in City of Methuen programs or services, please contact Sandy Almonte, ADA Coordinator at 978-382-2123 or SAlmonte@ci.methuen.ma.us at least 2 weeks in advance, or 2 business days before any Board or Commission meeting. This notice is available in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



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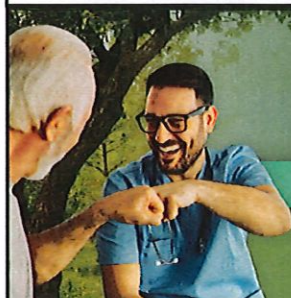
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**AD Space for
SALE**



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.

- 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.

DAY TRIPS WILL RESUME IN SPRING 2024! ~ SEE YOU SOON!

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.

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: **Carol Tudisco & Shirley Moscuzza**
2nd place: **Domenic Sciacio & Irene Moschetto**
and *September 18* game winners:

1st place: **Al D'Agata & Steve Lombardi**
2nd place: **Carol Tudisco & Gordon Copeland**



THE TALK!

October 5 & 19, 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**

INFORMATIONAL SESSION

Back by popular demand, a second session to learn the basics of your iPhone will be available with KevTech Services Monday October 23, 2023, 10:30am



SHINE NEWS

Questions about Medicare?

New to Medicare?

What do I need to ~know about

Medicare Open Enrollment?

SHINE counselors can help you with all things Medicare!

**Medicare Open Enrollment:
October 15 – December 7.**

This is your opportunity to learn about Medicare or 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.

Halloween Happenings



October 16-20, 2023

A Spooktacular Treasure Hunt

Join in the fun - head to the office for Clue #1

All are invited to enjoy a weeklong hunt, testing your clue solving skills!

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Wednesday October 18, 2023

9:30-11:30am



### Breakfast Bites & Masquerade Delights

All are invited to enjoy breakfast treats and then embrace your inner artist, crafting beautiful masquerade masks for the season's celebrations!

Sponsored by Brighview Senior Living,  
North Andover.



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Halloween Fun



Tuesday, October 31, 2023, 2:00pm

Candy Table, Games,
Costume Contest and Photo Booth

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.



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

Learn with Ken Ackroyd every Tuesday, 1:00pm

~~~~~

## How about Whist?

Learn with Angus MacDonald  
every Thursday 1:00pm

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



## Fall into a Wonderful Volunteer Opportunity



Northern Essex Elder Transport, Inc.

Call 978-388-7474 or visit [www.driveforneet.org/volunteer](http://www.driveforneet.org/volunteer)  
to learn more and start helping today!

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



## Visiting Office Hours with your Public Officials

Rep. Estella Reyes - October 6, 10am-12pm

Rep. Ryan Hamilton - October 6 & 20, 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

## Dominoes in Spanish!

hosted by

Cedar View Rehabilitation and HealthCare Center

Miercoles 20 de Octubre a 1:00pm

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



## Pumpkin Cookies with Cream Cheese Frosting

|                           |                        |
|---------------------------|------------------------|
| 1 c butter                | 2 c. all purpose flour |
| 2/3 c. packed brown sugar | 1 1/2 tsp cinnamon     |
| 1/3 c. sugar              | 1 tsp. baking soda     |
| 1 lg egg                  | 1/2 tsp salt           |
| 1 tsp. vanilla extract    | 1/4 tsp. baking powder |
| 1 c. canned pumpkin       | 1 c. chopped walnuts   |

### Frosting:

|                             |                           |
|-----------------------------|---------------------------|
| 1/4 c. butter, softened     | 2 c. confectioners sugar  |
| 4 oz cream cheese, softened | 1 1/2 tsp vanilla extract |

In lg bowl, cream butter and sugars until light and fluffy. Beat in egg and vanilla. Add pumpkin, mix well. Combine flour, cinnamon, baking soda, salt and baking powder, gradually add to cream cheese mixture, mix well. Stir in walnuts.

Drop by rounded tablespoonfuls 2 inches apart on greased baking sheets. Bake 350 for 8-10 minutes until edges are lightly browned. Cool. In small bowl, beat frosting ingredients until light and fluffy. Frost cookies. Store in airtight container in refrigerator.

*from Taste of Home*