



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

NOVEMBER 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.

NOVEMBER EVENTS CALENDAR

- 1 Adopt-a-Grandparent program has resumed 2:30pm every Wednesday. All are invited.
- 2 The Talk. Current events discussion. 10:30am.
- 3 Kindness ` . Rock painting. 10:00am
- 6 45's Game! 1-3pm. To sign up call 978-983-8825
- 7 Election Day. Precincts 4 & 5 vote here. All exercise classes canceled for the day.
- 8 **Informational Session:** Register of Deeds to discuss the function of his office and more. 10:30am. Sign up in office.
- 8 **Special Event:** Musician/Songwriter Jon Waterman. 1pm. Free. Sponsored by Methuen Cultural Commission
- 9 **Informational Session:** BCBS presents: Medicare 10:00am.
- 10 Veterans' Day. Center Closed. 
- 13 **Special Event:** Davis Bates preforms "Celebrating the Season- A Thanksgiving Harvest of Songs & Stories" 1:00pm. Sponsored by Methuen Cultural Commission. Free.
- 14 **Informational Session:** AARP HomeFit Workshop. 10:30am
- 14 American Sewing Guild. 1-4pm.
- 14 **Informational Health Session:** 6 Week Caregivers Workshop presented by AgeSpan. 1-3:00pm. More inside.
- 15 Loss & Transition Bereavement Support. 10am.
- 15 **Special Event:** Thanksgiving Lunch & Dance 11:30am pre-registration required. Full details inside.
- 16 Veterans Dept. visiting office hour. 10am
- 16 **Informational Health Session.** Health Literacy Talks. Topic: Dementia. 11:00am. More inside
- 17 Kindness Rocks. Rock painting. 10:00am
- 20 **Coffee with a Cop** and scams info. 12:00. More inside.
- 20 Bingo. 1:00-3:00pm. Sponsored by Cedarview.
- 21 Karaoke 1:30-3:30pm. All are welcome!
- 21 **Tentatively Scheduled Informational:** Join Joe Cosgrove of Community Development Topic: RECYCLING!. 10:30am.
- 22 Center closed at 12:30pm. Thanksgiving Holiday.
- 23-24 Center Closed for Thanksgiving Holiday.
- 27 45's Game! 1-3pm. To sign up call 978-983-8825
- 28 Crafting with Jennifer. 1pm. \$5 pp. Sign up in office.
- 29 Dominoes en Espanol. 1pm. Hosted by CedarView
- 30 The Talk. Current events discussion. 10:30am.



FREE PERFORMANCE EVENT



Davis Bates
Celebrating the Season
A Thanksgiving Harvest
of Songs & Stories
Nov. 13, 2023 ~ 1:00pm
Methuen Senior Activity Center
77 Lowell St, Methuen
ALL ARE INVITED TO ATTEND!

*This project supported in part by
Methuen Cultural Council
a local agency supported by the
MA Cultural Council, a State Agency.*

Day of Thanks Lunch & Dance

Nov. 15, 2023 ~ 11:30am

All are welcome to enjoy a Thanksgiving meal served through our regular daily lunch program. Turkey with Gravy, Whipped Potatoes, Stuffing, Mashed Butternut Squash, Cranberry Sauce, Dinner Roll, Dessert. \$2.00pp. Free Music for Dancing with DJ Don Riccio
Reservation must be made by Nov. 8 12:00pm!
Call 978-983-8832



Space is limited for some of our activities. To help us prepare the best experience for you, please call ahead to register for informational programs and special events at 978-983-8825 or stop by the office. Thank you!



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 **October 2023** winners:



Teresa Mosher **\$179.55**
Joy Austin **\$107.73**
David O'Neil **\$ 71.82**



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

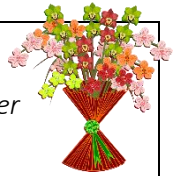
Membership (only \$4.00/month)
 Must be paid 6 months or 12 months

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!)

From the Desk of the Assistant Director, Susan Riccio



After 31 years with the City of Methuen, **Linda Sheehan**, Executive Director of the Methuen Senior Activity Center will retire on December 1, 2023. Linda spent the first 29 years of her time here as Administrative Assistant before being appointed director in 2021. During that time she developed not only a great understanding of the inner workings of a senior center, from programming and services, budgeting, and elder networking, but also facility management from installation of our elevator in 1992 to the reconstruction of our flooded building in 2022.

Over the years, relationships have built, and friendships grew. We have celebrated milestones and achievements and grieved over the loss of beloved friends. All of us at the center wish Linda much happiness as the next chapter of her life unfolds. The Council on Aging, Senior Center Board of Trustees, Staff and all the participants thank you for all you have done over the years. You will always be a source of inspiration to us here today, tomorrow, and always!

FREE PERFORMANCE EVENT

Jon Waterman

performs

***A Journey through the Roots
of American Popular Music***

November 8, 2023 ~ 1:00pm

at Methuen Senior Activity Center

77 Lowell St, Methuen

ALL ARE INVITED TO ATTEND!

This project supported in part by Methuen Cultural Council, a local agency supported by the MA Cultural Council, a State Agency.



Visiting Office Hours with your Public Officials



Rep. Estella Reyes - November 17, 10am-12pm
Rep. Ryan Hamilton - Nov 3 & 17, 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



Informational Talk

Protect your Home and Properties
presentation

November 8, 2023. 10:30am

M. Paul Iannuccillo, Register of Deeds, will discuss various topics in relation to your property. Topics include: Homestead Declaration, Fraud Scams on Properties, and Consumer Notification Service. Question & Answer period to follow presentation.



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.



Informational General Health Literacy Series

November 16, 2023 ~ 11:00am

Join us for the fifth of 8 individual sessions of this discussion series. This month's health literacy session will focus on a conversation on Alzheimer's and dementia.

What Is Health Literacy and Why Is It Important?

Dr. Marcus, a retired doctor of Veterinarian medicine, will share his general interest and knowledge of human health and anatomy to lead basic discussion topics for obtaining and maintaining better senior healthcare. Discussions vary by topic and are for informational purposes only.

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



Crafting with Jennifer November 28, 2023 ~ 1:00pm

This month's craft: **Holiday themed...** to be determined.
Watch for developing details! Space is limited. Sign up in the office or by calling 978-983-8825. \$5.00pp

Informational Talk

Need help understanding your Medicare health insurance options? Join Blue Cross Blue Shield of MA for a discussion
November 9, 2023 ~ 10:00am

Planning for Medicare – Countdown to 65

is a no-cost seminar that helps you understand your Medicare health insurance options outside of your employer-sponsored coverage, whether or not you're planning to retire.

Topics include: Medicare and Medicare Parts A & B and D

- Medicare enrollment timeline
 - Medigap plans that supplement Medicare coverage
 - Medicare Advantage plans such as HMOs & PPOs
 - Plans and programs available to early retirees, COBRA
- All are invited to attend*

Big thanks... to all who contributed to the services and programming in October including: GLFHC for a pharmacy informational; Rita Parisi of Waterfall productions for a spooky "Gothic Ghost Tales" performance and Methuen and MA Cultural Councils for their sponsorship; Leigh Hartwell, dietician of AgeSpan for important "salt smarts" information; Kevin Figueroa of KevTech Services for a second iPhone learning session; Mayor Neil Perry for hosting a delicious breakfast; Methuen Fire Department Firefighters for a fantastic free senior supper; all the candidates who visited for meet & greets including Mayor Perry, Matthew Wicks (mayoral), Patricia Valley (west district), Jana Zanni-Pesce, DJ Beauregard, and Nick DiZoglio (councilor at large), Joyce Campagnone, Sharon Birchall and Joel Faretra (central district); special thanks to Methuen Cooperative Bank for a Halloween event sponsorship donation; and for the programming sponsorship by Cedarview (dominoes en Espanol) and Brightview (coffee & mask making fun); to Ken Ackroyd and Barbara Ell for continued beginner 45's lessons; Donald Marcus for presenting this month's general health literacy session on the spine; as always, thanks to State Representatives Reyes and Hamilton, State Senator Payano, and Veterans Director Paul Jensen for providing convenient office visiting hours for seniors.



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

CONGRATULATIONS!



It is with great pleasure that we congratulate **Jazmin Nunez** of the Department of Health, Human Services and Inspections who was recently honored at the MA Black & Latino Caucus' premier Latino culture celebration "The Latino Excellence Awards". Nominated by Rep. Ryan Hamilton, Jazmin was recognized for her dedication and considerable contribution to community on Oct. 26th in the Gardner Auditorium, State House, Boston. Among other responsibilities, Jazmin dedicates many hours here at our Center, assisting seniors with a wide variety of issues. ***Congratulations, Jazmin on this most well-deserved award!!!***

KINDNESS ROCKS CRAFT PROJECT!

with Yvonne Paplaskas

Nov. 3 & 17, 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!



~ POSITIVE THOUGHTS ~

"The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time"

~ Douglas Wood

INFORMATIONAL HEALTH SESSION

The Healthy Living Center of Excellence Building Better Caregivers Workshop

A free six-session series to help you deal with the challenges of being a caregiver. Sponsored by AgeSpan

Tuesdays, Nov.14-Dec.19, 2023 ~ 1:00pm-3:30pm
at Methuen Senior Activity Center, 77 Lowell St, Methuen
for information or to register, call Molly at 978-651-3033
or email mgerbutavich@agespan.org
www.healthyliving4me.org

Are you taking care of a friend or family member who is living with Alzheimer's Disease or related dementia, a chronic condition, or long-lasting physical and/or mental health conditions? Do you spend at least 10 hours per week helping them with finances, emotional support, legal issues, physical care, or activities of daily living?

Register today for this educational, interactive, small-group workshop that can help you deal with the challenges of being a caregiver. You'll learn how to: Reduce stress, manage difficult behaviors, take better care of your own health, get the resources you need to support your caregiving, communicate better with family, friends, and healthcare teams, self-care.

Bonus: Dementia Education Session. Learn about the stages of the disease and how to structure and support your loved one as the disease progresses.

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.

Informational Talk

AARP Massachusetts presents

HOMEFIT WORKSHOP

November 14, 2023 ~ 10:30am

This workshop will provide information on how to decide what type of home modifications are needed to age in place and offer inspiration and ideas to get started. The presentation is designed to educate participants on home updates that can make it easier to go about daily activities while staying comfortable, independent and injury free in your home. All invited. Sign up in office!

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 ~ 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 with Val ~ SHINE (Serving Heath Insurance Needs of Everyone). For appt, Call 978-983-8825 



Our newsletter & mailings are sponsored in part by Executive Office of Elder Affairs, One Ashburton Place, Boston, MA 02108

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

Memorials were recently received in memory of:

**Maureen Albis
MaryJane Beaulieu**

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.

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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Finding the Cure

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Email: info@myeloma.org

Tel: 1-818-487-7455

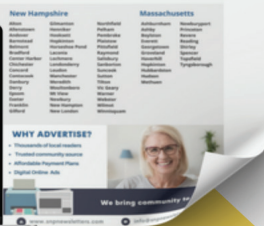


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**AD Space for
SALE**



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.

- 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!

November 6 & 27, 2023 1:00pm
Call 978-983-8825 to register. \$3.00pp.



Congratulations to the *October 23* game winners:

1st place: *Carol Tudisco & Shirley Moscuzza*
2nd place: *Domenic Sciacio & Irene Moschetto*

THE TALK!

November 2 & 30, 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

COFFEE WITH A COP
and Scam Information

November 20, 2023 – 12:00pm

Stop in for an informal chat with officers from Methuen Police Department to talk about interests, concerns or just to say hello.

Educational information about circulating scams will also be available. All are invited!



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.

FLU SHOTS Available

Mondays in November, 10:00am – 12:00pm

Hosted by City Public Health Nurse, Methuen Health, Human Services. Call for an appointment.



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.



TECH GOES HOME PROGRAM

Are you looking for a way to improve your computer skills? The Nevins Memorial Library is partnering with Tech Goes Home to offer classes on basic digital literacy skills in English and Spanish, and customized digital literacy skills for small business owners, starting in January 2024. Participants who complete a course will receive a Chromebook and 12 months of internet service, free of charge. If you would like more information about any of these courses, please contact the library at 978-686-4080 ext. 32 or literacy@nevinslibrary.org.



Dominoes in Spanish!

hosted by

Cedar View Rehabilitation and HealthCare Center

Miercoles 20 de Noviembre a 1:00pm

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



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.

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!

Mark your calendar early!

The Happy Hearts Chorus will present:

A Holiday Concert

"Christmas Time in Methuen"

December 7, 2023 ~ 1:00pm

at Methuen Senior Activity Center, 77 Lowell St



and then on

December 16, 2023 at 2:00pm

the chorus has been invited to perform another holiday concert at Methuen Memorial Music Hall at 192 Broadway, Methuen

In lieu of admission for both concerts, please contribute a non-perishable food item or grocery gift card donation for a local food pantry!

Happening elsewhere in the city...



November 18. Methuen Santa Parade

kicks off at 1:00pm. All are invited to welcome in the holiday season!



FUEL ASSISTANCE

A Greater Lawrence Community Action Council representative is available the 3rd Tuesday of the month, (Nov-Apr) to help you complete Fuel Assistance applications. Appointments are required. Call 978-983-8825.



Visiting Office Hours with your Public Officials

Rep. Estella Reyes - November 17, 10am-12pm

Rep. Ryan Hamilton - Nov 3 & 17, 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

LOSS & TRANSITION BEREAVEMENT SUPPORT

November 15, 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 information, call Lucille Bonanno or Jacquie Marchand, bereavement coordinators at Beacon Hospice at 978-837-3333.

