



## 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

**DECEMBER 2023**

**Welcome to the Methuen Senior Activity Center, a gathering place for retirees of all ages to continue their life journey, learn new things, make new friends, and stay actively engaged in the community. Membership is not required, so individuals can drop in and participate at their own pace. Activities vary from month to month. Stop by for a newsletter to see the latest schedule or visit our website at [www.cityofmethuen.net](http://www.cityofmethuen.net).**

### DECEMBER EVENTS CALENDAR

- 1 6 Week Photography Class Starts. 10am. More Inside
- 1 Kindness Rocks. Rock painting. 10am
- 4 **Special Event:** Energy Expo. More Details Inside.
- 5 **Informational Talk:** Recycling Workshop. 10:30am. More details inside
- 7 **Special Event:** Open House at the Center. More details inside.
- 8 Puzzle Party Galore! 10am. More details inside.
- 11 45's Game! 1-3pm. To sign up call (978) 983-8825
- 12 **Special Event:** Trivia and Tunes, Holiday Edition. 1p. To register call 978-983-8825. More details inside.
- 12 American Sewing Guild. 1-4pm.
- 15 Kindness Rocks. Rock painting. 10:00am
- 18 Bingo. 1:00-3:00pm. Sponsored by Cedarview.
- 19 **Special Event:** Tommy Rull 1pm. Performs a Holiday Show. Free. Sponsored by Methuen Cultural Council.
- 20 Loss & Transition Bereavement Support. 10am.
- 21 The Talk. Current events discussion. 10:30am.
- 22-25 Center Closed for Christmas Holiday.
- 28 Remembering 2023! Coffee Hour 930-1030am
- 28 Poetry/Story Writing/Journaling, etc 1030-1130am
- 28 Escape Room Challenge. 1pm. More details inside

### SPECIAL EVENT



Methuen Senior Activity Center  
Holiday Open House featuring:

**A Happy Heart Chorus  
Holiday Concert**

**"Christmas Time in Methuen"**

**Special guests MC's Kelly Townsend (HHIS)  
and Jill Stacklin (Methuen HR)**

**Thursday, December 7<sup>th</sup>, 1:00 PM**

Special appearance from Santa Claus & the Grinch!

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

Join us for complimentary  
Coffee & Donuts at 9:30-11:00am in the lobby.

Get a jump on your holiday shopping by visiting the  
Jewelry Sale in our lobby, Thrift Shop and  
Santa's Christmas Shop, 9:00am-3:00pm!



**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!**



### Special Event

#### EVERSOURCE

When: December 4, 2023 ~ 10:00am-1:00pm

Where: Methuen Senior Activity Center  
77 Lowell St. Methuen

For: Methuen senior resident

- Representatives from National Grid, Eversource and the City of Methuen available to discuss options for heating/electricity for Methuen senior residents
- One on one discussions will focus on aid, payment plans, and other options to avoid losing electricity/heating during the winter months.
- BRING YOUR MOST RECENT National Grid bill!!!!



## METHUEN ELDER AFFAIRS

### Council on Aging Staff

*Executive Director/Department Head*

*Susan Riccio, Assistant Director*

*Maribet Torres, Confidential Secretary*

*Jennifer Loiselle, Activity Coordinator*

*Cheryl McQuillan, Outreach*

*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 November 2023 winners:*



**John Atspins \$180.50**

**Diane Corriveau \$108.30**

**Raymond Sanzo \$72.20**



*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

\_\_\_\_\_, Treasurer

Tom Gradzewicz, Clerk

\_\_\_\_\_, Executive Director

Donald Marcus, COA Representative

Shirley King, Trustee Representative

Maureen Sharrock, COA Chair

### TRUSTEES

Ken Ackroyd, Judith Anselmi, Debra Blood,

Linda Bongiorno, Yolande Bourassa,

Diane Corriveau, Barbara D'Agata, Dan DiBurro,

Nancy Donigian, Evelyn Ebert, Barbara Ell,

Marilyn Freeman, Fran Gradzewicz,

George Hargreaves, Pauline Hargreaves,

Genevieve Marks, Josephine McDougall,

Yvonne Paplaskas, Sue Riccio, Cheryl Sirois

**NEW MEMBERS WELCOME!** If you are interested in joining our Fundraising Group, the Methuen Activity Center Trustees, please call for more information, 978-983-8825.

## JOIN THE CLUB... METHUEN SENIOR CENTER 50/50 CLUB

**Three winners each month!**

**Membership 6 months/\$24.00 or**

**12 months/\$48.00**

*For more information, or to join the club, visit the office at 77 Lowell Street, Methuen (Your Donation is Tax Deductible)*

### Prize Fund

**50% of Total Monthly Income**

# of Members	Prize Fund	1 <sup>st</sup> Prize	2 <sup>nd</sup> Prize	3 <sup>rd</sup> Prize
100	\$200	\$100	\$60	\$40
150	\$300	\$150	\$90	\$60
200	\$400	\$200	\$120	\$80
250	\$500	\$250	\$150	\$100
300	\$600	\$300	\$180	\$120
350	\$700	\$350	\$210	\$140

**Membership (only \$4.00/month)**

**Must be paid 6 months or 12 months**

**Donation: \$** \_\_\_\_\_

**6 months = \$24.00**

**12 months = \$48.00**

**(Make checks payable to: MSC 50/50 Club)**

**Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Address** \_\_\_\_\_

*(Cut out and mail in your membership today!)*





## 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!

*The last Tuesday of the month at 9am.*



## Informational General Health Literacy Series

Join us again on January 11, 2024 as we continue the General Information Health Literacy Series

### *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



## Crossword Puzzle Party

**Friday December 8, 2023 @ 10am**

**Crosswords** are fun & versatile. They are suitable for social settings and individuals. They may also help improve memory & brain function

## FREE PERFORMANCE EVENT

**TOMMY RULL**  
**Singer/Entertainer**  
**will perform his December**  
**Holiday Show**

**Tuesday, December 19, 2023**  
**At 1pm**



**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 Will Not be Hosting Hours in December Returning in January 2024



Rep. Estella Reyes  
Rep. Ryan Hamilton  
Senator Pavel Payano

Methuen Veterans Director, Paul Jensen  
3<sup>rd</sup> Thursday of the month from 10am-12pm.

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



## Crafting with Jennifer Back in 2024! Enjoy the Holidays!

We'll see you for some Crafting in 2024! Watch for developing details on upcoming crafts! Stop by the office or call 978-983-8825 for more information.

## CELEBRATING 2023

### Join us for a Day of Celebration! Thursday December 28, 2023

Remembering 2023 Coffee Hour  
9:30-10:30am

Keepsaking 2023 Memories  
Poetry, Writing, Scrapbooking  
10:30 – 11:30am

Virtual Escape Rooms  
12:30pm

Have you ever wondered what an Escape Room is?

Join us for an Afternoon of Game Play!

A printed escape room challenge is a portable and tactile version of the popular escape room experience, designed to be played with physical materials like paper, cards, and puzzles.

This format offers a hands-on and immersive experience that combines problem-solving with the tactile enjoyment of physical materials, making it an entertaining and interactive activity for participants.





*Big thanks...* to all who contributed to the services and programming in November including: **Paul Ianuccilo, Register of Deeds** for the information talk Protect your Home & Properties; **Jon Waterman**, singer/songwriter for his free performance and the Methuen cultural council for sponsoring; **BCBS** for their informative Medicare Presentation; **Davis Bates** musician for performing his show Celebrating the Season sponsored by the Methuen Cultural Council; **AARP** for presenting their Homefit Workshop; **AgeSpan** for hosting a 6 weeks Caregivers Support program; the **Methuen Police Department** for hosting Coffee with a Cop and SCAM talks; **Ken Ackroyd** for hosting Beginners 45s; **Angus MacDonald** for hosting Whist; and for the programming sponsorship by **Cedarview** (dominoes en Espanol) **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!**

## KINDNESS ROCKS CRAFT PROJECT!

with Yvonne Paplaskas

**December 1 & 15 ~ 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



## PHOTOGRAPHY CLASSES

With Nancy Reardon

**6 WEEKS**

**Fridays starting December 1<sup>st</sup>**

**When: 10am – 11am**

**\$20 for 6 weeks**

Basic photography skills on how to use your point and shoot camera in different settings and scenes.

We will have 'fun homework' and positive critique.

Classes are geared towards beginner's and novice users.

Prepare to have a great time and don't be afraid to "Point and Shoot"

## Weekly Blood Pressure Clinic Clinic Information

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.

**Happy Hearts Holiday Concert**  
**Where: Methuen Memorial Music Hall on**  
**Broadway, Methuen**  
**When: December 16, 2023 @ 2pm**



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

## Informational Talk

### RECYCLING WORKSHOP



With the Department of Conservation

**December 5, 2023 at 10:30am**

Not sure what you should be putting in your blue lidded recycling cart? Fret no more!!!

Come to an Informational Workshop with Methuen Environmental Planner Joe Cosgrove and find out how to be a smart recycler!



## 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

Memorial donations were recently received in memory of

**Maureen Albis  
Mary Jane Beaulieu  
Patricia Clarke**

Memorial donations 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.

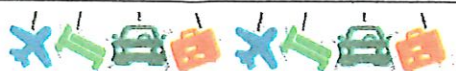


## ACCESSIBILITY NOTICE

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](mailto: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







## 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.

***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

## Come Play 45's! All are welcome!



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

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

Congratulations to the *October 2* game winners:

1<sup>st</sup> place: *Pat Barcellona & Peter Calman*

2<sup>nd</sup> place: *Joan McGravy & Wendy Sullivan*

Congratulations to the *October 23* game winners:

1<sup>st</sup> place: *Victor Hiddish & Stephen Windle*

2<sup>nd</sup> place: *Carol Tudisco & Bob Mahoney*

Congratulations to the *November 6* game winners:

1<sup>st</sup> place: *& Gus Sullivan & Pam Cisencione*

2<sup>nd</sup> place: *& Steve Windle & Joanne Rader*

## 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](mailto:literacy@nevinslibrary.org).

## THE TALK!

**December 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



## FLU SHOTS Available

**Mondays in December, 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.



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## Goundrey Dewhirst

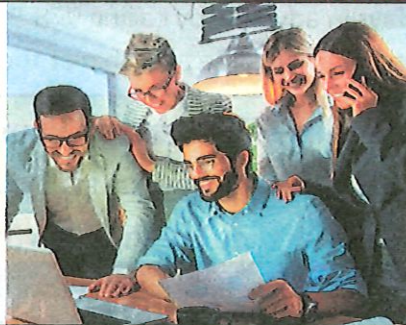
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email: [info@dewhirstfuneral.com](mailto:info@dewhirstfuneral.com)

*Funeral Directors:*

**Albert Abdallah | Jerome Jozak | Robert Marggraf | Robert Dewhirst**

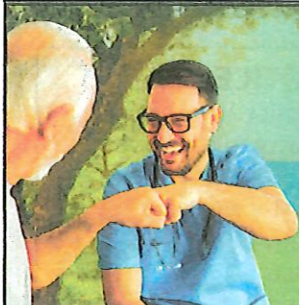
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### **Dominoes in Spanish**

hosted by  
*Cedarview Rehabilitation*

Miercoles 20 de Diciembre a 1:00pm

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



### **FUEL ASSISTANCE**

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

### **LOSS & TRANSITION BEREAVEMENT SUPPORT**

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



### **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!

Special thanks to Norman Bretton for donating the flag raised at our center for Veteran's Day 2023 in memory of:  
Emil Bretton, WWII, US Army

### **FREE PERFORMANCE EVENT**

### **TRIVIA & TUNES**

**December 12, 2023 at 1pm**

**Looking for something fun and different to do this holiday season with your friends?**

**Trivia and Tunes combines interesting trivia across a broad variety of categories with musical clues from the likes of Sinatra, Rosemary Clooney, Elvis or the Beatles.**



### **ATTENTION PARTICIPANTS! WINTER WEATHER INSTRUCTIONS**

If Methuen schools are closed due to inclement weather, the Center is CLOSED. Look for postings on the TV or the internet.

Methuen's website is:  
[www.cityofmethuen.net](http://www.cityofmethuen.net)



If schools are not closed, but it has begun snowing in the early hours and the storm is due to continue throughout the morning, please call the Center (978-983-8825) to find out if we are open for activities and classes. Because of plowing issues, we often have to cancel the early morning class because we cannot guarantee that the parking lot will be plowed in time.

*Please be sure you have the Center's phone number 978-983-8825*

*so that you can call if there is any question.*

**A MESSAGE WILL BE POSTED ON THE  
ANSWERING MACHINE AT 7:00AM.**

Our main concern is for your safety!  
**THANK YOU FOR YOUR COOPERATION**



***Merry Christmas & Happy New Year  
from the Methuen Activity Center  
and Council on Aging Staff & Board***