



## 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

## JANUARY 2024

**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).**

### JANUARY EVENTS CALENDAR

- 1 Closed for New Years
- 2 Coffee & Coloring. 10am. More Details Inside.
- 3 *Special Event:* New Years Coffee Hour. More Details Inside.
- 4 *Informational Talk:* GLFHC Mens Health Talk. 1pm. More details inside
- 4 The Talk. Current events discussion. 10:30am.
- 5 Kindness Rocks. Rock painting. 10:00am
- 8 Scrapbooking/Card Making Club. 10am. More details inside.
- 8 45's Game! Sponsored by Brightview. 1-3pm. To sign up call (978) 983-8825
- 9 American Sewing Guild. 1-4pm.
- 11 Health Literacy Series, Falls Prevention. 11am.
- 11 *Special Event:* New Years Games Day. 1pm. More Details Inside.
- 12 Movie Matinee. 10:30am. TBD
- 15 Closed in Observance of Presidents Day.
- 16 Coffee & Coloring. 10am. More Details Inside.
- 17 Loss & Transition Bereavement Support. 10am.
- 18 The Talk. Current events discussion. 10:30am.
- 19 Kindness Rocks. Rock painting. 10:00am
- 22 Scrapbooking/Card Making Club. 10am. More details inside.
- 23 Crafting with Jen. 1pm. Register Ahead, \$5 due at registration.
- 24 *Special Event:* Sports Trivia hosted by Methuen Village. 10:30am. To register call 978-983-8825. More details inside.
- 25 *Special Event:* Howie Newman Performance. 1pm. More Details Inside.
- 25 *Special Event:* Healthy Eating Nutrition Presentation. 1030am. More Details Inside.
- 29 Bingo. 1pm. Register Ahead.
- 30 Puzzle Challenge. 10:30am. To register call 978-983-8825. More details inside.

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!



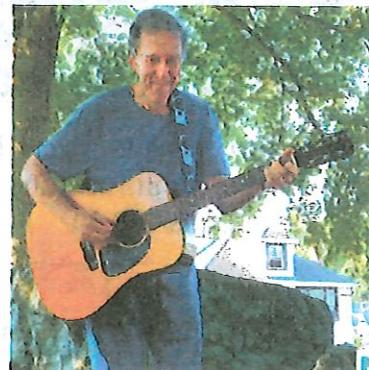
### FREE PERFORMANCE EVENT

Methuen Senior Activity Center  
Presents

## Howie Newman

Free Performance of Classic Songs from  
YesterYear

January 25, 2024 @ 1:00 PM



### NEW YEARS COFFEE HOUR



Wednesday January 3, 2024  
Starts at 9am

Join Us in Ringing in the New Year!!!  
Enjoy Pastries and Refreshments.  
Sponsored by Cedarview

## 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 Ciofolo, Secretary

Dr. Donald Marcus, DVM, Treasurer

Alfred D'Agata

Linda Soucy

Christine Metzemaekers

## 50/50 CLUB WINNERS

Congratulations to the December 2023 winners:



Winners to be Announced



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

## 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!)*

## Coffee, Coloring & Conversation

Join other like-minded, artists offering each other encouragement and support as you color & create over a cup of coffee!



Materials & Supplies Included.

*The 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of the month at 10am.*

## Informational General Health Literacy Series

**January 11, 2024 - 11:00am**

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

This Month's General Topic is:

Fall Prevention, tips, tricks, and strategies to keep you on your feet.

### *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



## Puzzle Time

**Last Tuesday of the Month @ 10am**

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

## SIMPLE WINTER RECIPE

### **Blueberry Cinnamon Oatmeal**

**Prep Time: 10-15 min, serves 4**

**Ingredients: 4 cups non fat milk**

**2 cups old fashioned oats**

**3 cups frozen blueberries**

**Cinnamon to taste**

**4 tbsp Peanut Butter (or your preferred nut butter)**

### **Method:**

**Bring Milk to medium boil**

**Add Oats & Stir, turn heat down to med-low**

**Add Blueberries & Cinnamon**

**Cook 5-7 minutes or to preferred thickness**

**Take off heat and stir in Peanut Butter**

**Enjoy!**

*Recipe from Allrecipes.com*



## Visiting Office Hours with your Public Officials

Rep. Estella Reyes – January 12

Rep. Ryan Hamilton – January 5 & 19, 10am – 12pm

Senator Pavel Payano – January 10, 10am-12pm

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

## CRAFT CLASS

### Crafting with Jennifer

**New Time: Tuesday January 23, 2023 @ 1pm**



**This Month's Craft: TBD**



**Space is Limited. Sign up in the Office.**

**\$5 Due at Sign Up.**

## CELEBRATING 2024

Join us for a Day of Fun & Games!

**Thursday January 11, 2024**  
**Join us at 1pm**

Bring in the New Year with a Day of Active Game Play with Friends!

Enjoy some Classics as well as New Favorites!

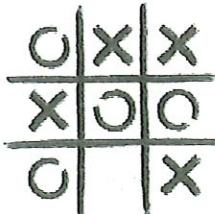
Connect Four

Tic Tac Toe

Ball Toss

Matching Games

& More!



**Big thanks...** to all who contributed to the services and programming in December including: Joe Cosgrove of the Methuen Conservation Department for the information talk on Recycling; **Tommy Rull** singer/songwriter for his free Holiday Show performance and the Methuen cultural council for sponsoring; the **Happy Hearts Chorus** for hosting their Holiday Show; **Dori Sawyer** from NEET for hosting an Informational Table; **AgeSpan** for hosting a 6 weeks Caregivers Support program; the **Vincent Pisacreta** for hosting Trivia & Tunes Holiday Edition; **Ken Ackroyd** for hosting Beginners 45s; **Yvonne Paplaskas & Elaine Anderson** for hosting and supplying the Kindness Rocks Group; **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

with **Yvonne Paplaskas**

**January 5 & 19 ~ 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 ~

"In seed time learn, in harvest teach, in winter enjoy" ~ *William Blake*

### Healthy Eating Through the Holidays



Nutrition Presentation

HOSTED BY

Cedar View Rehabilitation

**Thursday January 25, 2023**

**When: 10:30am – 11:30am**

*Light Refreshments Provided*

Register Today in the Office or by Calling  
**978-983-8825**

### Mark your Calendars

The Methuen Senior Center will be Hosting  
**A Centennial Birthday Celebration** on  
February 21, 2024.



Tickets will be  
Available starting  
January 2024

Do you know someone turning 100 in 2024?  
Let us know so we can Celebrate!

### 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 Stoebel, 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.*

### SPORTS TRIVIA

**January 24, 2023 @ 1030am**



Test your Sports Trivia knowledge during a Fun Interactive Game

Hosted by Methuen Village.

Please Call to Register at **978-983-8825**

### Informational Talk

**Greater Lawrence Family Health Center**

Topic: Mens Health

January 4, 2023 at 1pm

Come to an Informational Health Session with GLFHC Resident Jacob Gordon for an informative and laid back discussion on Men's Health.

*Food & Refreshments provided by Brightview.*  
Please call to register ahead 978-983-8825.

## 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<br>Aeroflex & Weights with Pat<br>~ | 8:45-9:30<br>Cardio Aerobics & Weights with Val<br>~ | 8:30-9:15<br>Balance, Bones & Brain with Brian<br>~         | 8:30-9:15<br>Gentle Yoga with Pat<br>~         | 8:30-9:15<br>Yoga with Joan<br>~  |
| 9:30-10:15<br>Gentle Yoga with Pat<br>~       | 9:00-11:00<br>Blood Pressure Clinic<br>~             | 9:30-10:15<br>Balance, Bones & Brain with Brian<br>~        | 9:30-10:15<br>Aeroflex & Weights with Pat<br>~ | 9:30-10:15<br>Yoga with Joan<br>~   |
| 1-3:00pm<br>Mahjong                           | 9:00-11:30<br>Ceramics<br>~                          | Quilting Class<br>Beginner & Experienced<br>9:00-11:00<br>~ | 1:00-3:00pm<br>Bridge Group<br>~               | 10:30-11:15<br>Line Dancing with Val<br>~                                       |
|   | 9:30-10:15<br>Line Dancing with Val<br>~             | 10:30-11:15<br>Zumba<br>~                                   | 1:00-3:00pm<br>Happy Hearts Chorus<br>~        | SHINE (Serving Health Insurance Needs of Everyone). For appt, Call 978-983-8825 |
|   | Ceramics<br>12:30-3:00pm<br>~                        | Painting<br>10:00-12:00<br>~                                | 1:00-3:00pm<br>Whist                           |   |
|   | 12:30-1:15<br>Tai Chi & Qigong with Allen<br>~       | Adopt-a-Grandparent<br>2:15-3:45                            |  |   |
|   | 1:00pm<br>Beginner 45's<br>~                         |   |  |   |
|   | 1:00-3:00<br>Dominos & Scrabble                      |   |  |   |



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 **Katherine (Kay) Espinal**



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



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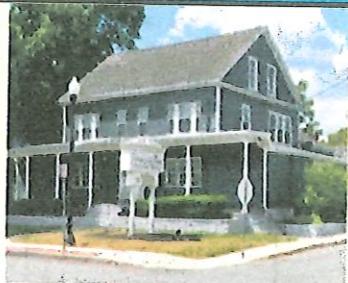
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## TRAVEL WITH US!



**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.

**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, Fredericksburg, 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!



**JANUARY 8, 2023 ~ 1:00pm**  
Call 978-983-8825 to register. \$3.00pp.  
Sponsored by Brightview

Congratulations to the *November 27* game winners:

1<sup>st</sup> place: & *Gus Sullivan & Pam Cisencione*  
2<sup>nd</sup> place: & *Steve Windle & Joanne Rader*

Congratulations to the *December 11* game winners:

1<sup>st</sup> place: *Paul Martin & James Dionne*  
2<sup>nd</sup> place: *Pauline Freeman & Evelyn Ramey*

### 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! January 4 & 18, 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 January, 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.

## Dominoes in Spanish

hosted by  
Cedarview Rehabilitation

Miercoles 17 de Enero 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.



## 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

January 17, 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

## NEW CLUB

## SCRAPBOOKING & CARD MAKING

Join us for this new Arts & Crafts Club. Looking for something fun and crafty to do with your friends?

Scrapbooking and Card Making is a fun new club starting in January. We'll provide the materials & light refreshments.

Come on down & Create.

This is a club for those not needing instruction. Enjoy the company of other artists and feel free to use our supplies!

The 2<sup>nd</sup> & 4<sup>th</sup> Mondays of the Month at 10am.  
January 8 & 22



## 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!**