



**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**

**FEBRUARY 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).*

## **FEBRUARY EVENTS CALENDAR**

- 1 Happy Hearts Chorus Returns! 1:00 p.m. 
- 2 kindness rocks 10:00 a.m.
- 5 **New Program:** New Year, New You. 1030am. More details inside.
- 5 45s 1pm
- 6 Coffee, Coloring, and Conversation 10:00am
- 6 **Informational Talk:** Should I Stay Or Should I Go? hosted by Brightview 1030am. More details inside.
- 6 **Informational Program:** Diabetes Wksp starts - 6wks - 1-3pm
- 7 Adopt a Grandparent 2:30pm- Black History Presentation
- 8 The talk 10:30
- 12 Scrapbooking card making club 10:00 a.m.
- 12 Bingo 1:00 p.m. hosted by Cedarview
- 13 **Informational Event:** Collette Vacations presents extended tours 10:30am 
- 13 45s. 1pm
- 13 Sewing guild 1:00pm
- 14 Attorney McQuillan 9-11am. Phone Appointments Only. More Details inside.
- 14 Heart Health Bingo facilitated by DPH 12:30 pm. More details inside.
- 15 Health literacy with Dr Marcus 11:00 a.m. Heart Health. More Details inside
- 16 Kindness rocks 10:00 a.m.
- 19 **Closed for President's Day**
- 20 Coffee, Coloring & Conversation. 10:00 a.m.
- 21 Lost in transition. 10:00 a.m. More details inside.
- 21 **Special Event: Centennial Birthday Party. More Details Inside.**
- 22 The talk 10:30
- 23 **Special Event: Coffee and Maps with Beth Brown of the Historical Society 10:00 a.m.** 
- 26 Scrapbooking club 10:00 a.m.
- 26 45s 1:00 p.m.

- 27 **Craft class. Irish Gnomes.** 1:00 p.m
- 27 **Special Event: heart health cooking demo** sponsored by Salem Woods 10:30 a.m. More Details Inside.
- 28 Puzzle challenge 10:30 a.m. 

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! 

JOIN THE METHUEN SENIOR ACTIVITY CENTER  
IN CELEBRATING

*Violet Jessel &  
Tuffic Hatem*

**CENTENNIAL BIRTHDAY  
CELEBRATION**

**FEBRUARY**

**WEDNESDAY | 21 | AT 10 AM**

**2024**

**Join us in celebrating a Century of Life!  
Mark your calendars and reserve your seat  
today!**

**Lunch served at 11:30am, \$2  
Food, Music, Dancing & More!**

77 LOWELL STREET  
METHUEN MA

CALL THE OFFICE AT 978-983-8825 TO RESERVE YOUR SEAT TODAY!

## 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:

<b>\$</b>	<b>\$ Carol Cassista</b>	<b>\$179.55</b>	<b>\$</b>
	<b>\$ Marilyn Virella</b>	<b>\$107.73</b>	
	<b>\$ George Blanchard</b>	<b>\$71.82</b>	

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!

## 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, Regina McCarthy, Josephine

McDougall, Yvonne Paplaskas, Don Riccio,

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.

## 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

**February 15, 2024 - 11:00am**

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

**This Month's General Topic is:**

**Heart Health with tips, tricks, and strategies to keep you Heart Healthy**

### **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



## INFORMATIONAL SESSION 6 Week Diabetes Workshop

Hosted by AgeSpan

Starting Tuesday February 6<sup>th</sup> – March 12<sup>th</sup>

Time: 1 – 3pm

A 6 Week Workshop featuring information, tips and strategies for managing your diabetes.

Learn to:

Better manage your diabetes

Handle stress and difficult emotions

Increase your energy level

& much more



**Sign Up Today** by calling the Office at 978-983-8825

## Visiting Office Hours with your Public Officials

 **Rep. Estella Reyes** – February 9, 10-12pm  
**Rep. Ryan Hamilton** – February 2 & 16, 10am – 12pm

**Senator Pavel Payano** – February 7, 10am-12pm

**Methuen City Councilor At Large, DJ Beauregard** – February 7, 11am-12pm  
1<sup>st</sup> Wednesday of the month from 11-12pm

**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 February 27, 2024 @ 1pm**



**This Month's Craft: Irish Gnomes**  
Space is Limited. Sign up in the Office.  
\$5 Due at Sign Up.



## INFORMATIONAL SESSION

### Valentines Day Heart Health Bingo

Hosted by the Department of Public Health

Prizes, Snacks, & Drinks

When: February 14, 2024

Time: 1pm

Join the DPH in this fun adaptation of traditional Bingo featuring Heart Health Information.

## INFORMATIONAL SESSION

### Heart Health Cooking Demonstration

Hosted by Salem Woods

February 27, 2024 @ 10:30am

Discover the art of preparing delicious meals that promote cardiovascular wellness with a Chef from Salem Woods

Space is limited.

Register Today at 978-983-8825



**Big thanks...** to all who contributed to the services and programming in December including: Greater Lawrence Family Health Center for the information talk on Men's Health; Howie Newman singer/songwriter for his free performance and the Methuen cultural council for sponsoring; AgeSpan for hosting a 6 weeks Caregivers Support program; the Methuen Village for hosting Sports Trivia; Salem Woods for hosting a Healthy Eating Nutrition Presentation; 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, Brightview, Salem Woods, Bear Mountain; Donald Marcus for presenting this month's general health literacy session on the Fall Prevention; 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

**February 2 & 16 ~ 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 ~**

"There is always in February some one day, at least, when one smells the yet distant, but surely coming summer." — **Gertrude Jekyll**

### **Informational Session**

#### **Should I stay or Should I go?**

HOSTED BY  
Brightview



**Thursday February 6, 2024**

**When: 10:30am – 1pm**

**Lunch & Snacks provided**

Transform downsizing into a smooth journey, with professionals to help with expert tips & strategies.

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

Please be advised, this is an informational presentation only, the Methuen Senior Activity Center does not endorse any professionals, businesses

### **THRIFT SHOP**

**Monday -Thursday 9am -3pm**  
**Friday 9am – 12noon**

Have you visited our Amazing Thrift Shop? Clothes, Shoes, Household Goods, etc Just Another Reason to stop by the Center Today!



### **Coffee & Maps**

**February 23, 2024  
at 10am**



Join the Historical Society's Beverly Brown



As she hosts this interactive discussion as to the the importance and impact of How Methuens Map has changed over the Years

### **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.*

### **Informational Talk**

#### **Greater Lawrence Family Health Center**

**Topic: Mens Health Continued**

**February 8, 2024**

**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 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 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 were recently received in memory of

**Katherine (Kay) Espinal  
Peggy Rochelle**



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: JOIN COLLETTE FOR A TRIP PRESENTATION ON FEBRUARY 13<sup>TH</sup> AT 10:30AM**

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!**



**February 5, 13 & 26 ~ 1:00pm**  
**PLEASE CALL 978-983-8825 TO REGISTER TODAY.**  
**\$3.00pp.**

Congratulations to the *January 18, 2023* game winners:

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

### **INFORMATIONAL SESSION**

#### **NEW YEAR, NEW YOU**

Motivational Talks hosted by Deb Blood

*Featuring Spiritualist Cheryl Bradley*

February 5, 2023 @ 10:30am

Embark on a transformative journey with Deb Blood in this empowering discussion series focused on overcoming the challenges of Aging and Disability. Join us for inspirational talks that delve into Total Body Care, nurturing the Mind, Body, and Spirit

Sign up Today at 978-983-8825

### **THE TALK!**

**February 8 & 22, 2024**



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**

### **TAX APPOINTMENTS**

Tax Preparation appointments are being taken at the Methuen Senior Activity Center

Call the Center for more Information or to Schedule your appointment today.  
Office 978-983-8825

### **FLU SHOTS Available**

**Mondays in February, 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.



### **Free Legal Advice**

With Attorney Peter McQuillan  
2<sup>nd</sup> Wednesdays of the Month

Call today to Schedule a



Telephone Appointment Today 978-983-8825

## Dominoes in Spanish

hosted by  
**Cedarview Rehabilitation**

**Miercoles 28 de Febreroa 1:00pm**

Unete a nosotros para un Juego de Domin 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 February 21, 2024 ~ 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.

## **Adopt A Grandparent**

The Methuen Senior Activity Center is excited to continue this intergenerational program with the Methuen High School

**When: Wednesdays**

**Time: 230pm**

Join us Wednesday February 7<sup>th</sup> as the program celebrates Black History Month with a Film Showing and Q&A session afterwards.



Light Refreshments included

Sign up Today by calling 978-983-8825

## 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.  
February 12 & 26**



## **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!**

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