



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

MARCH 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.

MARCH EVENTS CALENDAR

March 4 Nutrition Myths Presentation. More Details inside. 10:30
 March 4 Ebenezer (Home Aides) table in lobby 12 noon
 March 4 Bingo 1:00 p.m. Sponsored by Giving Tree sponsor
 March 5 ELECTION DAY – All Classes Cancelled
 March 6 Buried in Treasure Begins. More Details Inside. 12:30
 March 6 Trip Talks with Royal Tours. More Details Inside. 1pm
 March 7 Breakfast Luncheon. More Details Inside. 11:30
 March 8 Finders Keepers. More Details Inside. 10:30am
 March 8 Coffee and Maps with Beth Brown. More Details Inside. 10am
 March 11 45s. 1pm \$3 pp. Sponsored by Brightview
 March 12 Sewing Guild. 1:00 p.m.
 March 13 Attorney McQuillan. 9:00 to 11:00
 March 14 Coffee Hour & Open House. 9am - 12
 March 14 COVID & RSV Clinic. More Details Inside. 10 - 12
 March 18 Bingo. Sponsored by Cedarview. 1pm
 March 19 Fuel Assistance Appointments. More Details Inside
 March 19 Craft Class. 1pm. TBD
 March 20 Lost in Transition 10:00 a.m.
 March 21 Health Literacy. More Details Inside. 12pm
 March 25 45's. Sponsored by Giving Tree at 1pm
 March 26 Puzzle Variety Challenge! 10am
 March 27 Blue Cross Blue Shield Medicare Presentation 10:30 a.m.

Monthly Groups: The following groups meet at the same days and times each month

- **Scrapbooking & Card Making** meets the 2nd & 4th Mondays of the month at 10am. March 11 only
- **Coffee Coloring & Conversation** meets the 1st & 3rd Tuesday of the month at 10am. March 19 only this month.
- **Beginners 45s** meets every Tuesday at 1pm
- **Adopt A GrandParent** meets every Wednesday at 230pm
- **The Talk.** Current Events Discussion meets the 1st & 3rd Thursday of the month at 10:30am. March 7th & 21st
- **Happy Hearts** meets every Thursday at 1pm

- **Kindness Rocks** meets the 1st and 3rd Fridays of the Month at 10:00am. March 1 & 15

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!



Hello Participants,

By the time you read this newsletter, I hope to know YOU, the participants of the Methuen Activity Center! On February 12th I began my work as the Executive Director of the Council on Aging. I feel grateful, honored, and humbled to be appointed to serve as the next Director. The Methuen Activity Center holds a special place in my heart as my first interaction with The Center was when I was a junior in high school and participated in the annual Center's Valentine's Day event with Presentation of Mary Academy's Interact Club. The vibrancy, energy, warmth, and enthusiasm I felt then is the same feeling I have now ... almost 20 years later! Throughout my career in aging services, I served in various positions within senior centers including activities, case management, assistant director and most recently, the Director of the Groton Council on Aging. I am excited to be here and to continue to build upon the wonderful work of my predecessors and to work alongside such a talented and dedicated team.

See you soon at The Center!

-Ashley Shaheen

Council on Aging Executive Director

METHUEN ELDER AFFAIRS

Council on Aging Staff

Ashley Shaheen, Executive Director
 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 **January 2024** winners:

 **\$ Maureen Julie McCarthy \$181.45**
\$ Janice Buck \$108.87
\$ Delores Hanson \$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

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

BOARD OF TRUSTEES

EXECUTIVE COMMITTEE

Genevieve Marks, President
 Pauline Hoh, Vice President
 Ken Ackroyd, Treasurer
 Tom Gradzewicz, Clerk
 Ashley Shaheen, Executive Director
 Donald Marcus, COA Representative
 Shirley King, Trustee Representative
 Maureen Sharrock, COA Chair

TRUSTEES

Judith Anselmi, Debra Blood,
 Linda Bongiorno, Yolande Bourassa,
 Diane Corriveau, Barbara D'Agata, Dan DiBurro,
 Nancy Donigian, Evelyn Ebert, Donna Eddy,
 Barbara Ell, Marilyn Freeman, Fran Gradzewicz,
 George Hargreaves, Pauline Hargreaves, Regina
 McCarthy, Josephine McDougall, Yvonne
 Paplaskas, Don Riccio,
 Cheryl Sirois
 Ex Officio Members: Jennifer Loiselle, Sue Riccio

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.

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.

March 19th at 10am.

Informational General Health Literacy Series

March 21, 2024 at 12:00pm

Join us for the seventh 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**

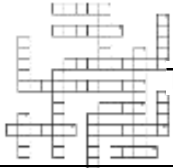
What Is Health Literacy and Why Is It Important?

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 6th – March 12th

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



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



Visiting Office Hours with your Public Officials

Rep. Estella Reyes – March 8, 10-12pm

Rep. Ryan Hamilton – March 1 & 15, 10am – 12pm

Senator Pavel Payano – March 13, 10am-12pm

Methuen City Councilor At Large, DJ

Beauregard – March 6, 11am-12pm

1st Wednesday of the month from 11-12pm

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

CRAFT CLASS

Crafting with Jennifer

New Time: Tuesday March 19, 2024 @ 1pm



This Month's Craft: **TBD**
Space is Limited.

Sign up in the Office.

\$5 Due at Sign Up.

INFORMATIONAL SESSION



Trip Talks

Hosted by Royal Tours

Light Snacks, & Drink

When: March 6, 2024

Time: 1pm

Join Stacy Fennerty of Royal Tours in Informative Presentation detailing our 2024 Monthly Day Trips

INFORMATIONAL SESSION

Home Aide Presentation

Hosted by Ebenezer

March 4, 2024 @ 12 noon

Homecare services in Methuen MA committed to improving the quality of life for all, embracing cultural diversity, offering opportunities for all while empowering individuals and elevating them to go beyond expectation.

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; **BrightView** for sponsoring the Should I Stay Should I go? Panel Presentation; **AgeSpan** for hosting a 6 weeks Diabetes Support program; **Salem Woods** for hosting a Healthy Eating Nutrition Presentation; **Ken Ackroyd** for hosting Beginners 45s; **Collette Vacations** for their extended tours presentation; **Department of Health** for hosting a Heart Health Bingo; **Bev Brown of the Historical Society** for the Coffee & Maps Presentation; **Donald Marcus** for presenting this month's general health literacy session on the Fall Prevention; and for the programming sponsorship by **Cedarview, Brightview, Salem Woods, Bear Mountain, Methuen Village, Giving Tree and The Woods**; 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

March 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* ~

"This is the perfume of March: rain, loam, feathers, mint."

— Lisa Kleypas

Informational Session

Planning for Medicare

HOSTED BY

Blue Cross Blue Shield

Wednesday March 27, 2024

When: 10:30am

Looking for Information in regards to medicare?
Applying, Benefits, Medication Costs – Come Learn!

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



COVID & RSV SHOTS Available

March 14th from 10:00am – 12:0pm

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



Coffee & Maps

March 8, 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

Date: TBD – Please call center
At 978-983-8825

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.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
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	9:45-10:30 Gentle Yoga with Paula ~ 10:45 - 11:15 Aeroflex & Weights with Paula ~ 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
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 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!

DAY TRIPS IN 2024: JOIN ROYAL TOURS FOR A TRIP PRESENTATION ON MARCH 6TH AT 1 PM

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!



March 11 & 25 ~ 1:00pm

PLEASE CALL 978-983-8825 TO REGISTER TODAY.

\$3.00pp.

Congratulations to the *January 18* game winners:

1st place: Carol Pucillo & Mike Welch

2nd place: Ron Bretton & Tim Wisdom

THANK YOU CEDARVIEW FOR SPONSORSHIP!!!



Shamrock Hunt



Starting March 1st, get ready for an exciting Shamrock Hunt at the Methuen Senior Center!

Shamrock cutouts adorned with intriguing facts about our center's four-decade journey will be cleverly hidden throughout our premises. Embark on this engaging adventure to discover, learn, and celebrate our rich history. Join us in commemorating the Methuen Senior Center's legacy in a fun and interactive way. Get ready to hunt for shamrocks and uncover the stories behind our past and present!

THE TALK!

March 7 & 21, 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**



Free Legal Advice

With Attorney Peter McQuillan
2nd Wednesdays of the Month

Call today to Schedule a
Telephone Appointment Today 978-983-8825



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

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.



TRAVELING CHEF LUNCHEON

Hosted by **AgeSpan**



Thursday March 7, 2024 @ 11:30am

Enjoy some Breakfast for Lunch!
On the Menu

Waffles, Bacon, Roasted Potatoes & Fruit
\$2 per person. Sign up Today!

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 3rd Tuesday of the month, (Nov-Apr)
to help you complete Fuel Assistance applications.
Appointments are required. Call 978-983-8825.

INFORMATIONAL SESSION

Debunking Common Nutrition Myths

Hosted by AgeSpan
March 4th @ 10:30 am

"FACT OR FICTION"
HEALTH FOOD MYTHS



There are many Incorrect Nutrition Claims that are
widely believed. Knowing the Truth can help you
maintain a healthy body and mind.

Join registered Dietician, Leigh Hartwell, to learn
the facts and fiction about nutrition.
Register Today at 978-983-8825.

Save the Date: Please join us in celebrating our
wonderful volunteers during National Volunteer
Appreciation Week, April 14 through April 20. We
will have special events planned during this week to
celebrate all our shining stars!

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 7th 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

Scrapbooking and Card Making is a fun new club
starting at the center.

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

March 11th at 10am.

LOSS & TRANSITION BEREAVEMENT SUPPORT

March 20, 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.



FINDERS KEEPERS – BIT SUPPORT GROUP

Support Group for Buried In Treasure members
Starting Friday March 8th @ 1030am

INFORMATIONAL WORKSHOP

Buried In Treasure

March 6th at 12:30pm

Buried in Treasures (BiT) is a relaxed, non-
judgemental program that teaches you how to build
insight, skills and strategies to help declutter, get
organized and reduce acquiring.