

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



April 8 & 22 ~ 1:00pm

PLEASE CALL 978-983-8825 TO REGISTER TODAY.

\$3.00pp.

Congratulations to the February 26th game winners:

- 1st place: Al Lacasse & Shirley Buyck
- 2nd place: Debbie Lannon & Bob Mahoney

ENTERTAINMENT

Matt York returns!



Wednesday
Date: April 10, 2024
Time: 1pm



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

APRIL 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.

THE TALK!

April 11, 2024 only



Everyone is invited to participate from 10:30-12:00pm. Meet with others for general conversation and current events discussion.

NEW CLUB

SCRAPBOOKING & CARD MAKING

Scrapbooking and Card Making is a fun new club starting at the center. Join Carolyn Sullivan as she walks you through Card Making at the Center! Class is Free to members and supplies are included!

April 8 & 29 at 10am.

LOSS & TRANSITION BEREAVEMENT SUPPORT

April 17
May 15
June 19
@ 10am



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
Second Friday of the Month @ 1030am

INFORMATIONAL SESSION

Methuen Memorials

Pre-Planning Presentation
April 25, 2024
Time: 10:30am

Join Methuen Memorials for an informative Pre-Planning Presentation. A great opportunity to get informed and ask questions!

APRIL EVENTS CALENDAR

April 1 Trip Talks with Collette Vacations, 10:30am. More Details Inside
April 1 Bingo 1:00 p.m. Sponsored by Giving Tree sponsor
April 2 Resources for Medication Costs, 10am. More details inside.
April 4 Learn to Play Games with Bev Brown, 12pm. More Details inside.
April 8 ProActive Brain Health, 10:30am. More details inside.
April 8 45's, 1pm. \$3 per person.
April 9 Sewing Guild, 1-3pm.
April 10 Attorney McQuillan, 9-11am. By Appointment Only.
April 10 Matt York, 1pm. More details inside.
April 11 The Talk, Current Events Discussion. 1030am
April 12 Finders Keepers, 10:30am. More details inside.
April 15 Closed in Observance of Patriots Day.
April 17 Loss & Transition, Bereavement Group. 10am
April 18 Genealogy 101 with Historical Society, 10am. More details inside.
April 22 All In Energy, 12-1:30pm. More details inside.
April 22 45's, 1pm. \$3 per person to play.
April 23 Day Trip, Foxwoods. More details inside. 7am
April 23 Puzzle Challenge, 10am. More Details Inside.
April 23 Karaoke with Don Riccio, 1:30pm.
April 25 Methuen Memorials Pre Planning, 10:30am. More details inside.
April 29 Bingo, 1pm. \$.50 a Card.
April 30 Puzzle Challenge, 9am. More details inside.
April 30 45's, 1pm. Us (Seniors) vs. Them (MPD). Free Game.

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

- **Scrapbooking & Card Making** meets the 2nd & 5th Monday of the month at 10am. April 8 & 29

- **Coffee Coloring & Conversation** meets the 1st & 3rd Tuesday of the month at 10am. April 2 & 16
- **Beginners 45s** meets every Tuesday at 1pm
- **Adopt A GrandParent** meets every Wednesday at 230pm (No Meeting 4/17/24)
- **Happy Hearts** meets every Thursday at 1pm
- **Kindness Rocks** meets the 1st and 3rd Fridays of the Month at 10:00am. April 5 & 19

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!



Spring is Here! Volunteer!



Become a volunteer driver and help seniors in your community.

You decide when and where to drive.
Mileage reimbursement provided.

Call NEET at 978-388-7474 or visit www.driveformeet.org/volunteer to learn more.



INFORMATIONAL SESSION

GENEOLGY

Hosted by Beverly Brown
of the Methuen Historical Society

Genealogy



2 SESSIONS
April 18th & May 2nd

Search your Roots – Let's Begin!

SAVE THE DATE



Arts & Music Festival May 9, 2024
All Day Festival

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
Raymond Despres, Custodian

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 **February 2024** winners:*

 **\$ James Corriveau \$173.85**
\$ Raymond Lazzo \$104.31
\$ Kathleen Partridge \$69.54

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

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Genevieve Marks, President
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Donna Eddy, Barbara Ell, Marilyn Freeman, Fran
Gradzewicz, Regina McCarthy, Josephine
McDougall, Yvonne Paplaskas, Don Riccio,
Cheryl Sirois, Peggy Trudel
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.**

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!)

**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

April 23 - A Visit to Foxwoods and a Lobster Bake at Cap’n Jacks. \$111. 7am
May 28 - Mystery Trip. \$122. 8:30am
June 18 - 8 Hour Cape Cod Canal Cruise with Buffet Luncheon at Mezza Luna. \$131. 7:30am.
July 17 - Life’s a Beach with the Malibu Brothers. Windham, NH. \$85. Drive on your own, be at Castleton by 11:30am.
August 8 - Nunsense a Musical with Buffet Luncheon. Newport, RI. \$132. 9am
September 13 - Lake Sunapee Luncheon Cruise. Sunapee, NH. \$127. 10am
October 17 - A Tribute to Robin Williams and Lunch at Wrights Farm. Burritville, RI. \$117. 10am
October 23 - Halloween Party at Indian Head. Lincoln, NH. \$117. 10am.
November 13 - Mohegan Sun Casino Trip. \$55. 7am.
December 11 - Nashville Christmas at Danversport Yacht Club. \$ 117. 10:45am.

EXTENDED TOUR TRIPS

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

SPECIAL ANNOUNCEMENT

Our center has recently established a new partnership with Notre Dame Christo Rey High School. Through this partnership, we will be working closely with students to enhance our organization and contribute to their educational journey. The students are not only dedicated to their academic pursuits but also committed to working hard to help pay for their education. Their experience here at our center will play a vital role in their development, providing them with valuable skills and opportunities as they work towards college and building a life filled with choices and opportunities. As we are joining this partnership more than halfway through the school year, we are delighted to welcome two students who will be assisting us. One student will be available on Tuesdays, and another will be here on Wednesdays, both stationed at the front desk. Let’s extend a warm welcome and make them feel appreciated as they become part of our wonderful, vibrant, and active community here at the Methuen Senior Activity Center. Together, we can make this partnership a success and create a positive impact on the lives of these students and our community.

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Funeral Directors:

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

Materials & Supplies Included.
The 1st & 3rd Tuesdays of the month at 10am.

INFORMATIONAL SESSION

ProActive Brain Health

Hosted by Bridges by Epoch
Monday April 8: 2024 @ 10:30am

By implementing proactive habits, individuals can
help reduce their risk of cognitive decline. Seniors
will learn lifestyle changes to help keep their minds
sharp for tomorrow. Risks to brain health, lifestyle
factors, diet, sleep, exercises, and connections
between heart and brain will be discussed.

Puzzle Time

Last Tuesday of the Month @ 10am

APRIL 23, 2024

Crosswords are fun & versatile.

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



THRIFT SHOP

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

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

INFORMATIONAL SESSION

MASS SAVES PRESENTATION

Hosted by All in Energy
April 22, 2024 @ 12 noon
Access Mass Saves
Review your Bill
Enroll in Discount Rates



**Bring your Bill*



Visiting Office Hours with your Public Officials

Rep. Estella Reyes – April 12, 10-12pm
Rep. Ryan Hamilton – April 5 & 19, 10am –
12pm
Senator Pavel Payano – April 3, 10am-12pm
Methuen City Councilor At Large, DJ
Beauregard – April 3, 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

NEW ACTIVITY

Learn to Play Games

With Beverly Brown
Thursday April 4, 2024 @ 12pm



Come learn how to play
Card & Board Games.

Register Today 978-983-8825

INFORMATIONAL SESSION

Trip Talks

Hosted by
Collette Vacations



When: April 1, 2024

Time: 10:30am

Join Sam Trapani from Collette Vacations for
an Informative Presentation detailing our
2024 Extended Trips



Big thanks... to all who contributed to the services and programming in March including: **AgeSpan** for hosting a 6 weeks Diabetes Support program; AgeSpan & Trio for an incredible Breakfast Luncheon; **BCBS** for an informative Medicare Presentation; **Ken Ackroyd** for hosting Beginners 45s; **Collette Vacations** for their extended tours presentation; **Bev Brown of the Historical Society** for the Coffee & Maps Presentation; **Donald Marcus** for presenting this month's general health literacy session; 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

April 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!



INFORMATIONAL SESSION

Resources for Medicare

HOSTED BY

Mass College of Pharmacy

Tuesday April 2, 2024

When: 10am

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

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.

Call 978-983-8825.



ECLIPSE VIEWING PARTY

Solar Eclipse

Date: Thursday April 8, 2024


Time: 2:15pm (estimated time)

Join us in watching the 2024 Full Solar Eclipse on our Front Lawn

SAVE THE DATE

The Methuen Senior Activity Center is scheduled to celebrate 40 years in 2024!!!

Save the Date for this Celebration. Friday June 14th from 3pm-7pm.



Free Legal Clinic

With Attorney Peter McQuillan

2nd Wednesdays of the Month

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

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.



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 8:30-9:15 Aeroflex & Weights with Pat ~ 9:30-10:15 Gentle Yoga with Pat ~ 1-3:00pm Mahjong	TUESDAY 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	WEDNESDAY 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 ~ dopt-a-Grandparent 2:15-3:45	THURSDAY 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	FRIDAY 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

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



Elizabeth Marsan
Sandra Briggs

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 week advance, or 2 business days before any Board or Commission meeting. This notice is available in alternative formats upon request

