

**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 26<sup>th</sup> game winners:

1<sup>st</sup> place: Al Lacasse & Shirley Buyck

2<sup>nd</sup> place: Debbie Lannon & Bob Mahoney



**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 ACTIVITY**  
**45's: Us vs Them**

Tuesday April 30, 2024 @ 1pm

The Methuen Senior Center Challenges the Methuen Police Department to a Friendly Competitive Game of 45's. Join us for an Afternoon of Fun & Games! Register Today 978-983-8825

**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.driveforeet.org/volunteer](http://www.driveforeet.org/volunteer) to learn more.  Northern Essex Elder Transport, Inc.

**INFORMATIONAL SESSION**  
**GENEALOGY**

Hosted by Beverly Brown of the Methuen Historical Society

**Genealogy**

2 SESSIONS  
April 18<sup>th</sup> & May 2<sup>nd</sup>

Search your Roots – Let's Begin!

**SAVE THE DATE**

Arts & Music Festival May 9, 2024  
All Day Festival

**ENTERTAINMENT**

**Matt York returns!**



Wednesday  
Date: April 10, 2024  
Time: 1pm



**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!



**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](http://www.cityofmethuen.net).

- **Coffee Coloring & Conversation** meets the 1<sup>st</sup> & 3<sup>rd</sup> 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 1<sup>st</sup> and 3<sup>rd</sup> 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! 

Hello Participants,

Did you know that more than 100+ volunteers have shared their time and talents with the Methuen Senior Activity Center over this past year? Our volunteers are the backbone of our department, and they serve in various ways, such as program leaders, meals on wheels drivers, reception and more. We are indebted to all who lend their time, talent, and skills to make a difference at The Center and in our participants' lives. We look forward to celebrating all of you during National Volunteer Appreciation Week, April 15<sup>th</sup>- April 19<sup>th</sup>.

We always look forward to welcoming new volunteers. Please join me on Friday, April 19, 10:00 a.m. to hear about ways you can volunteer at the Senior Center and if you are already volunteering and wish to volunteer in additional capacities, please join, too!

See you soon at The Center!

Ashley Shaheen  
Council on Aging Executive Director

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

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

## 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!

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

Three winners each month!

Membership 6 months/\$24.00 or

12 months/\$48.00

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

## METHUEN SENIOR ACTIVITY CENTER, INC 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

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Linda Bongiorno, Yolande Bourassa,

Diane Corriveau, Al D'Agata, Barbara D'Agata,

Dan DiBurro, Nancy Donigan, Evelyn Ebert,

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.**

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

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 - Nonsense 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. Burrville, 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:  
Albert Abdallah | Jerome Jozak | Robert Margraf | Robert Dewhirst*

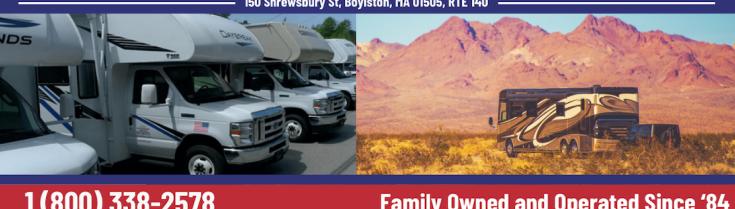


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## HELLO RV AND CAMPING COMMUNITY!



792 Mayhew Turnpike Bridgewater NH, 03222

CAMP AT NEWFOUND LAKE IS NOW ACCEPTING SEASONAL AND ALL OTHER RESERVATIONS FOR THE 2024 SEASON.

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Or call us at:  
**603-744-3344**

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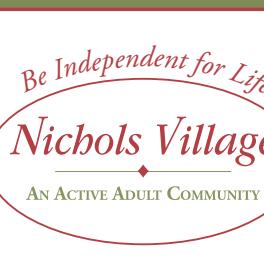


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## Coffee, Coloring & Conversation

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 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, etc Just Another  
Reason to stop by the Center Today!

## INFORMATIONAL SESSION

### MASS SAVES PRESENTATION

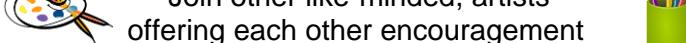
Hosted by All in Energy  
April 22, 2024 @ 12 noon

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  
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

## 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 14<sup>th</sup> from 3pm-7pm.**



#### **Free Legal Clinic**

With Attorney Peter McQuillan  
2<sup>nd</sup> 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.**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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 ~ 9:00-11:00 Ceramics ~ 9:30-10:15 Line Dancing with Val ~ 12:30-3:00pm Ceramics ~ 12:30-1:15 Tai Chi & Qigong with Allen ~ 1:00pm Beginner 45's ~ 1:00-3:00 Dominos & Scrabble	8:30-9:15 Balance, Bones & Brain with Brian ~ 9:30-10:15 Balance, Bones & Brain with Brian ~ 9:00-11:00 Quilting Class Beginner & Experienced ~ 10:30-11:15 Zumba ~ 10:00-12:00 Painting ~ 2:15-3:45 dopt-a-Grandparent	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 Health 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

**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](mailto:SAlmonte@ci.methuen.ma.us) at least 2 weeks advance, or 2 business days before any Board or Commission meeting. This notice is available in alternative formats upon request

