

JUNE 2024

# METHUEN SENIOR ACTIVITY CENTER



 Like us on  
**Follow us on Facebook**



Welcome to the Methuen Senior Activity Center, where diversity is celebrated, inclusion is the heartbeat, and every person finds a place to shine. Membership is not required, so individuals can drop in and participate at their own pace.

 77 Lowell Street

 978-983-8825

[www.methuen.gov/seniorcenter](http://www.methuen.gov/seniorcenter)

## SERVING THE COMMUNITY FOR 40 YEARS!

The Methuen Senior Activity Center is thrilled to invite you to join us in celebrating our 40<sup>th</sup> Anniversary of serving seniors and community! For four decades, we've provided exceptional programming and services to our cherished seniors. Known affectionately as The "Taj Mahal" of senior centers, our Center has become a beacon of warmth, support, and camaraderie for all who walk through our doors. We extend a heartfelt invitation to everyone to come and celebrate this significant milestone with us during our 40<sup>th</sup> anniversary year. Whether you've been part of our journey from the beginning or are just discovering the magic of our Center, we welcome you to join in the festivities. For more information, please call 978-983-8825.

**The Methuen Council on Aging provides the following services and programs. For more information, call the Center Monday through Thursday from 8am-4pm and Friday from 8am-12:30pm at 978-983-8825 or visit [Methuen.gov/seniorcenter](http://Methuen.gov/seniorcenter) then click newsletter, for the latest information.**

- Exercise classes and workout room with treadmills, elliptical, and recumbent bikes
- Daily hot lunch program and Meals on Wheels
- Transportation for medical appointments
- Senior/disabled property tax relief work program
- Triad senior safety programs
- Financial and retirement planning workshops
- Thrift shop
- Educational and life enrichment programs
- Happy Hearts Choral group
- Advocacy workshops information
- Trips: day and overnight and extended tours
- Support counseling for elders for grief, depression, grandparents, etc
- Income tax assistance
- Intergenerational programs such as Adopt a Grandparent
- Information and referral services

- Fuel assistance application help
- Food assistance information snap
- Free durable medical equipment loans wheelchairs, walkers, canes, etc
- File of Life emergency medical information refrigerator magnets
- Outreach services
- Blood pressure health clinics Tuesdays and Thursdays 9:00 to 11:00
- Health proxy forms, homestead act applications
- Telephone outreach reassurance calls
- Recreational activities and events such as: Ice cream socials, lunch and dance events, and monthly & weekly games including mahjong, scrabble, card games, 45's tournaments, and so much more!



## LETTER FROM THE DIRECTOR

Hello Seniors!

June 2024

I am delighted to extend a warm welcome to you as we embark on our 40<sup>th</sup> anniversary year at the Senior Center! It's an exciting milestone, and we're thrilled to have you as part of our community. At the Senior Center, we understand the importance of providing activities and services tailored to your needs and interests. Whether you're looking for fitness classes, educational programs, or simply a place to socialize and connect with others, we've got something for everyone!

Did you know that we are here to support over 14,500 older adults in our city? That's a testament to the impact and significance of the Senior Center in our community.

As we celebrate our 40<sup>th</sup> anniversary, we're launching exciting initiatives like the Ambassador Program, designed to further enhance your experience and engagement with the center. Additionally, I am hosting a monthly dialogue with the director program, providing a platform for me to get to know you better and address any suggestions or questions you may have.

Our anniversary event on June 14 will be a special occasion to commemorate the past, celebrate the present, and to look forward to the future of our center. But the celebrations won't stop there! We are planning a whole year of new initiatives and programs, and we'd love for you to be part of it.

Your feedback is invaluable to us, which is why we encourage you to complete the survey included within this newsletter. Your input will help us tailor our offerings to better meet your needs and preferences.

I am incredibly grateful to work alongside such a dedicated Staff, COA Board of Directors, Board of Trustees, Volunteers, all committed to our mission of serving you, our older adults.

Thank you for being part of our community, and cheers to many more years of growth, connection, and celebration at our beloved Senior Center!

Warm Regards,  
Ashley Shaheen

### SOCIAL EVENT

#### **Ice Cream Social**

Hosted by Bear Mountain

**Tuesday June 18, 2024**

Join Susan Lamkins from Bear Mountain at the Senior Center for a Fun Free Ice Cream Social Register Today -Space is Limited!



### 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.



## JUNE EVENTS CALENDAR

June 3 New Year New You hosted by Deb Blood, 11am. More details inside.

June 3 Bingo, 1pm. \$.50 a card

June 4 Accent Care Home Health Presentation, 10 am. More details inside.

June 5 Dementia Awareness hosted by Agespan, 10 am. More details inside.

June 5 Adopt A Grandparent – Last session until September, 1pm

June 6 Pride Tie-dye Party, 12 noon. More details inside.

June 10 KevTech Services, Back to Iphone Basics, 10am. More details inside.

June 10 45's, 12:30pm. \$3 per person

June 11 Sewing Guild, 1pm

June 12 Attorney Peter McQuillan 9-11am. By appointment only. More details inside.

June 12 Oscar Movie Series, 12pm. Details inside.

June 14 40th Anniversary Celebration, 3-7pm. More details inside.

June 17 Bingo, 1pm. \$.50 a card. Sponsored by CedarView Rehabilitation

June 18 Day Trip - Cape Cod Canal Cruise. More details inside.

June 18 Ice Cream Social hosted by Bear Mountain, 12:30pm. More details inside.

June 19 CLOSED in observance of Juneteenth

June 20 Pride Movie and Discussion, 12:30pm. More details inside.

June 24 45's 12:30pm, \$3 per person

June 25 Karaoke with Don Riccio, 1:30pm.

June 26 Loss & Transition, 10am. More details inside.

June 26 Delvena Theater performs Lizzie Borden, 1pm. More details inside.

June 27 Time Capsule, 1pm. More details inside.

June 27 Pride Coffee Hour, 9am. More details inside.

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

- **Adopt A Grand Parent** meets every Wednesday at 230pm – Starting in September
- **Beginners 45s with Ken Ackroyd** meets every Tuesday at 1pm.
- **Crafting with Jennifer** meets the 4<sup>th</sup> Tuesday of the month at 1pm. *June 25*
- **Dialogue with the Director** meets the 3<sup>rd</sup> Friday of the month at 10am. *June 21*
- **Happy Hearts Choral Group** meets every Thursday at 1pm
- **Kindness Rocks hosted by Yvonne Paplaskas** meets the 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month. *June 7 & 21*
- **Card Making with Carolyn Sullivan** meets the 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month at 10am. *June 10 & 24*
- **The Talk**. Current Events Discussion meets the 3rd Thursday of the month at 10:30am. *June 20*



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.

## NEW AMBASSADOR PROGRAM INFORMATION

If you're interested in becoming part of our Ambassador Program, we invite you to reach out and sign up! By doing so, you'll be matched with an Active Ambassador from the COA. This dedicated individual will guide you through a special tour of the building, accompany you to a program that interests you, and share their own experiences at the center.

We understand that sometimes taking the first step can be challenging. But with our friendly atmosphere and the support of our COA Ambassadors, we're confident that you'll find the experience enriching and enjoyable.

Don't hesitate to join us on this exciting journey of connection and community! Give us a call today to sign up and embark on this wonderful opportunity.



### 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!



### 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

## 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  
Liz Otto, 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  
Christine Metzemaekers*

## **50/50 CLUB WINNERS**

*Congratulations to the April 2024 winners:*

**\$ Gwyneth Laviviere \$183.35**   
**\$ Venize Hatem \$110.01**  
**\$ Herb McCarthy \$73.34** 

*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**

*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, Al D'Agata, Barbara D'Agata,  
Dan DiBurro, Nancy Donigian, 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.

## 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**

**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

*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)**

## MEMORIALS

Memorial donations were recently received in memory of



**\*June Godin**  
**\*Walter Andrewchuk**  
**\*Lilian Zakia**  
**\*Carl Much**

Memorial donations received by the Center will be used for special memorial items only. Memorial cards are available at the Center Office and from your funeral director.

## DIALOGUE WITH THE DIRECTOR

We're thrilled to announce the launch of our newest monthly program, "Dialogue with the Director," hosted by our Executive Director, Ashley.

**Join us every 3<sup>rd</sup> Friday of the month at 10:00 a.m.** for an engaging conversation where you can share your feedback, insights, and ideas directly with Ashley. This program is an opportunity for you to actively participate in shaping the future vision of our center. Your input is invaluable as we strive to enhance and expand our programs and services to better serve YOU! Let's embark on this journey of collaboration and growth together!

Please note: if this time does not work for you, please reach out to Ashley directly and she will be happy to set-up a time to meet with you!

## INFORMATIONAL SESSION

### Dementia Informational Session

Join us on June 5<sup>th</sup> at 10am

### Dementia Friends Information Session

You'll learn what dementia is, what it's like to live with it, and some tips for communicating with people who have dementia. At the end of the session, you will be a Dementia Friend and will know the five key messages about living with dementia and simple things you can do to make a difference.

Registration is required, please contact the center at 978-983-8825 to register today.



## Visiting Office Hours with your Public Officials

 **Rep. Estella Reyes** – June 14, 10-12pm  
**Rep. Ryan Hamilton** June 7 & 21, 10am – 12pm  
**Senator Pavel Payano** – June 5, 10am-12pm  
**Methuen City Councilor At Large, DJ Beauregard** – June 5, 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

## INFORMATIONAL SESSION

### KevTech Services

Returns for the 2<sup>nd</sup> class of a 6 Session  
Basic Technology Workshop  
**Monday June 10, 2024 @ 10am**

## Staying in Touch on iPhone & iPad

This class focuses on using the iPhone and iPad to stay in touch with friends and loved ones. We learn about sending texts in Messages, managing contacts in Phone, and setting up video calls in FaceTime. We also learn to use Siri to make calls and send messages.

## FINDERS KEEPERS – BIT SUPPORT GROUP

Support Group for Buried In Treasure members  
Second Friday of the Month @ 1030am

For More Information contact Patrick McCarthy  
(978) 857-1813

## Monthly Birthday Club

### Re-Introducing our Monthly Birthday Club!

We're excited to celebrate your big day!  
We'll celebrate our Seniors birthdays on the  
**3<sup>rd</sup> Thursday of Each Month @ 11:30am**  
Join us for our daily lunch program & stay for cake!



**"June is the pearl of summer, shining with warmth and joy." - L.M. Montgomery**

## EXERCISE AND ACTIVITY SCHEDULE



Cost per class - \$2.00. If you are over 90, fitness is Free!

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.**

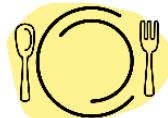
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15 Aeroflex & Weights with Pat ~ 9:30-10:15 Gentle Yoga with Pat ~ 1-3:00pm Mahjong	8:45-9:30 Cardio Aerobics & Weights with Val ~ Blood Pressure Clinic 9: 00-11:00 ~ 9:30-10:15 Line Dancing with Va' ~ 12:30-1:15pm Tai Chi & Qigong with Allen ~ 1:00pm Beginner 45's ~ 1:00-3:00pm Dominoes & Scrabble	8:30-9:15 Balance, Bones & Brain with Brian ~ 9:30-10:15 Balance, Bones & Brain with Brian ~ 10:30-11:15 Zumba ~ 10:00-12:00pm Painting ~ 1:00-3:00pm Painting ~ 2:15-3:45pm Adopt-a-Grandparent	8:30-9:15 Gentle Yoga with Paula ~ 9:30-10:15 Aeroflex & Weights with Paula ~ 1:00-3:00pm Bridge Group ~ 1:00-3:00pm Happy Hearts Chorus	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 9am–3:00pm, Friday 9am-12:00pm**  
**Donations of *in-season* clothing and small household items are always gratefully accepted during regular shop hours. OPEN TO THE PUBLIC!**



## Time Capsule



Who Doesn't love a Good Time Capsule. The Methuen Senior Activity Center invites you to join us in this memorable experience as we dive into 40 years of Center History to decide what we'd like to share at the 50<sup>th</sup> Anniversary Celebration!

Thursday June 27<sup>th</sup> at 1pm

## 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



## TH 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**

**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. 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

### **City of Methuen Energy Assistance Program**

The City of Methuen Energy Assistance Program is available for any residents 60 years or older who meet the following income guidelines below. In addition to the guidelines, members also need to have been a Methuen resident for 1 year and must be on the existing statewide fuel assistance program known as “LIHEAP” (Low-Income Home Energy Assistance Program). The City of Methuen’s program supports heating expenses, electricity, and mortgage or rent payments if the individual is behind on bills. If you are already on LIHEAP from this past season, then you may qualify! For more information,

please contact **Patrick McCarty** at (978) 857-1813 or **Jazmin Nunez** at (978) 960-7296.

<u>Household Size</u>	<u>Maximum Income Level</u>
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294
5	\$101,26

**INFORMATION SESSION WEDNESDAY MAY 29th @ 5:00 PM**

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



**June 10 & 24 ~ NEW START TIME 12:30pm  
PLEASE CALL 978-983-8825 TO REGISTER  
TODAY. \$3.00pp.**

Congratulations to the *April 8* game winners:

1<sup>st</sup> place: Shirley King & Norm Bretton  
2<sup>nd</sup> place: Bob Mahoney & Bob Vluemel

Congratulations to the *April 22* game winners:

1<sup>st</sup> place: Al Dagata & Randi Mayfield  
2<sup>nd</sup> place: Ronald Bretton & Shirley King

## THE TALK! June 20, 2024

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

## KINDNESS ROCKS

with Yvonne Paplaskas  
**June 7 & 21 ~ 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!



## 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



### 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.*

## SNEAK PEEK – WHAT'S COMING UP

- POLICEMENS SUPPER IN SEPTEMBER
- FIREMENS SUPPER IN OCTOBER
- FALL HEALTH FAIR
- COA BOARD HOSTS WELCOME WEEK

## ENTERTAINMENT

Delvena Theater Group  
Presents

### *Lizzie Borden and the 40 Whacks Show and Workshop*

Lizzie Borden took an Axe...or Did She?



**You Decide!**

**June 26, 2024 @ 1pm**

## NEW CLUB



### **CARD MAKING**

Hosted by Carolyn Sullivan

**June 10 & 24 at 10:30am**

Join Carolyn as she walks you through some of the techniques, tips, and processes of Card Making!

Never buy a card again! Everybody loves a Homemade Card!

## **LOSS & TRANSITION BEREAVEMENT SUPPORT**



**June 26, 2024 @ 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 meets monthly at the center.

For information, call Lucille Bonanno or Jacquie Marchand, bereavement coordinators at Beacon Hospice at 978-837-3333.

## IMPORTANT INFORMATION

The Mobile Market is held the third Tuesday of every month at the Senior Center, the bags contain dry pasta, cereal, bread, canned vegetables, canned fruits, shelf-stable milk, peanut butter, tuna, cheese, meat, and fresh produce. The food is provided by The Greater Boston Food Bank at no cost.

Methuen senior residents must complete an application which is available at the front desk.

There is a maximum number for this program, however; if you need food, please contact Public Health Nurse, Karen Ferullo, or Jazmin Nunez.



# JOIN US IN CELEBRATING THE *40th Anniversary*

**FRIDAY, JUNE 14 2024**  
**AT 3 PM - 7PM**

## **3 PM - 4 PM: Open House & Tours**

*Explore our rich history and exciting future! Take a guided tour through our center, showcasing our past, present and future. Open to the public.*

## **4 PM - 5 PM: Speeches & Recognitions**

*Honor the milestones and achievements of the past four decades with heartfelt speeches and special recognitions.*

## **5 PM - 6 PM: Dinner Served by Quality Catering**

*Indulge in a delightful dinner catered by Quality Catering, prepared with care and served with a smile.*

## **6 PM - 7 PM: Mingling, Music, & Dancing**

*Unwind and enjoy the evening with music, dancing, and cherished company. Let's create memories together!*

- The ticket price is \$10
- Ticket sales start Monday, June 3rd at 8 AM, and will be on sale M-Th 8-3 and F 8 -12. Tickets will be sold on a first come first serve basis until sold out. Seating is limited, Mark your calendars today!
- Don't miss out on this special occasion to celebrate 40 years of laughter, friendship, and community at the Methuen Senior Activity Center.

# General Satisfaction Survey

Your feedback is invaluable as we constantly seek ways to improve our programs and services. Your honest opinions guide us towards greater excellence. Rest assured; your responses are confidential unless you choose otherwise. Let's make our center event better together! Kindly complete the survey online <https://forms.office.com/r/KZmR8ZfVSq> or drop off at the Methuen Senior Center or mail to 77 Lowell Street, Methuen, MA 01844 no later than June 30.

Please make a copy for additional seniors in the same household.



**1. With what frequency do you participate in programs and services offered by the Methuen Senior Activity Center?**

- Every week
- Several times per month
- A few times per year
- I have never participated in programs and services offered through the Methuen Senior Activity Center.

**2. If you have not participated in our programs, please tell us why. Check all that apply.**

- Not interested in the programs and services offered.
- Do not identify as a "senior."
- Lack of Transportation (If this is the reason, please call the Methuen Senior Activity Center as there are resources to get you where you need to go!)
- I am too busy/have no time
- Other: \_\_\_\_\_

**3. What time of day would you like to see additional programs offered by the COA? Please check all that apply.**

- Mornings
- Afternoons
- Evenings

**4. With one being most important and seven being least important, please rank in order what type of programming that you would like to see offered with more frequency.**

- Group Fitness Classes
- Cards/Games
- Movies
- Fine Arts Offerings
- Educational Series
- Recreational Activities
- Social Events

Other: \_\_\_\_\_

5. Describe your experience while participating in programs offered at the Methuen Senior Activity Center?

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6. Please share with us in ways that we can improve.

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7. Please indicate your age group:

- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85-89
- 90-94
- 95-99
- 100 +

8. What is your gender?

Male  Female  Prefer to self-describe

If you would like a Staff Member to contact you to discuss this survey and/your interests, please provide your contact information.

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

**NEW PROGRAM**  
**WALKING CLUB**  
**10:30-11:15 am**



**The Second and Fourth Tuesdays Of the Month**

Take a walk on the beautiful Methuen Rail Trail with old and new friends.

Meet at the Train Depot on Railroad St.  
*Walks are Weather Dependent*

**SOCIAL EVENT**  
**Craft Class**  
Hosted by Jennifer Loiselle



**Tuesday June 25, 2024 @ 1pm**



Join Jennifer for a Fun Summer Craft. This month we'll be creating cool Coastal Decorative Vases.

Register Today – Space is Limited!

## NEW PROGRAM

### New Year, New You

Hosted by Deb Blood  
Special Guest Spiritualist Cheryl Bradley

**Monday June 3, 2024 @ 11am**

Promoting holistic well-being, our motivational wellness program embraces the journey of aging into disability by nurturing the interconnected aspects of mind, body, and spirit health.

## INFORMATIONAL SESSION

### Home Health Care Presentation

Hosted by Accent Care

**Tuesday June 4, 2024 @ 10:30am**  
**Presentation in Lobby**

## ENTERTAINMENT

### **KARAOKE**

Hosted by Don Riccio



Join Don Riccio on the 4<sup>th</sup> Tuesday of the Month at 1pm for some musical renderings spanning the ages!

Open and Welcome to ALL FREE

## SOCIAL EVENT

### PRIDE TIE DYE PARTY

Hosted by Jennifer Loiselle

**Thursday June 6, 2024 @ 12pm**

In honor of Pride month we will be making some colorful Tie Dye Tshirts in support of Methuens LGBTQIA+ Community

Tie Dye Provided – BYO Shirt

Register Today -Space is Limited!

**Methuen Senior Activity Center  
77 Lowell Street  
Methuen, MA 01844**

PRSR STD  
US POSTAGE PAID  
PERMIT NO. 93  
LAWRENCE, MA

## SOCIAL EVENT

### Pride Movie & Discussion

**Thursday June 20, 2024 @ 12:30pm**  
**THE BEST EXOTIC MARIGOLD HOTEL**  
**(2011)**

Join us for a screening of the film with an opportunity for discussion afterwards.

Popcorn & Drinks available

Register Today -Space is Limited!

## SOCIAL EVENT

### New Movie Viewing Series Oscar

New Oscar Film Viewing series!  
Featuring an Oscar Winning Film & Discussion with your fellow filmgoers!  
Enjoy fresh made popcorn from our new popcorn machine!

### **Slumdog Millionaire**

**Wednesday June 12, 2024 @ 12pm**



### Upcoming Films

**No Country For Old Men**  
**A Beautiful Mind**  
**Forrest Gump**  
**The English Patient**



Register Today -Space is Limited!

## 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.driveforneet.org/volunteer](http://www.driveforneet.org/volunteer) to learn more.

Northern Essex Elder Transport, Inc.



