



N. Reardon

AUGUST 2024

Letter from the Director

As it heats up, we hope you consider staying cool at the Senior Center. We hope you are having a wonderful summer and encourage you to participate in the many programs we offer. Summer is a great time to try something new, so why not check out a fitness class, join us for a day trip, or simply step into the center and see all that is possible?

-Ashley Shaheen, Council on Aging Executive Director

Join Us for Daily Lunch Delights at the Center!

Did you know that your Senior Center offers a delightful daily lunch program? Join us at 11:30 a.m. for a delicious meal and the opportunity to connect with friends, old and new. Our lunch program isn't just about nourishing the body; it's also about feeding the soul through camaraderie and socialization. Share stories, laughter, and good company as you enjoy a meal in our welcoming atmosphere. We ask that you place your orders at least two days in advance by calling 978-983-8832. Suggested donation is \$2.00, and menus are available at The Center.



What's Inside?

02	Upcoming Events
03	Staff/Board
04	Special Events
05	Fitness Classes
06	Trips & More
07	More things to do!

Methuen Senior Activity Center

77 Lowell Street

978-983-8825

www.methuen.gov/seniorcenter

IMPORTANT ANNOUNCEMENT

Pre-registration is now required for all programs.

Please pre-register by 1.) calling 978-983-8825 or
2.) stopping by at the Methuen Senior Center, 77 Lowell Street.

August 2024 Programming Schedule

August 1— Happy Hearts Chorus Rehearsal, 1:00 p.m.
August 2—Kindness Rocks, 10:00 a.m.
August 2— Representative Hamilton's Office Hours, 10—12
August 5—45s Tournament, 12:30 p.m.
August 6—Coffee & Coloring, 10:00 a.m.
August 6—Learn to Play 45s, 1pm
August 7—Farmer's Market Coupon Distribution, 8:30 a.m.
August 7—Senator Pavel Payano Office Hours, 10-12
August 7—DJ Beauregard Office Hours, 11-12
August 7—Luau with a Traveling Chef Lunch, 11:30-2
August 8—Day Trip—Nonsense
August 8—Happy Hearts Chorus Rehearsal, 1:00 p.m.
August 9—Finders Keepers, 10:30 a.m.
August 9—Walking Group, 10:30 a.m.
August 9—Health Talk, 10:30 a.m.
August 9—Representative Estella Reyes Office Hours, 10-12
August 12—Scrapbooking & Card Making, 10:00 a.m.
August 12—Bingo, 1pm
August 13 - Outdoor Games, 10:30 a.m.
August 13—Learn to Play 45s,1pm
August 14—Attorney Petter McQuillan Legal Clinics—call for a free 15-minute in-person consultation
August 14—Movie: A Beautiful Mind, 12 noon

August 15—Veteran's Office Hours, 10-12
August 15—Happy Hearts Chorus Rehearsal, 1:00 p.m.
August 16— Dialogue with the Director, 10:00 a.m.
August 16—Kindness Rocks, 10:00 a.m.
August 16—Representative Hamilton's Office Hours, 10-12
August 19—KevTech, learn to work with a PC, ChromeBook, Cell Phone, 10:00 a.m.
August 19—45s Tournament, 12:30 p.m.
August 20—Coffee & Coloring, 10:00 a.m.
August 20—Walking Group, 10:30 a.m.
August 20—Learn to Play 45s, 1:00 p.m.
August 20—Thrift Shop Sale! \$5.00 Fill-A-Bag
August 20—Karaoke with Don Riccio, 1:30 p.m.—3:30 p.m.
August 21—Intergenerational Magic Show with Illusionist, Lyn Dillies, 2pm
August 22—Happy Hearts Chorus Rehearsal, 1:00 p.m.
August 22—Birthday Luncheon, 11:30 a.m.
August 23—Walking Group, 10:30 a.m.
August 26—Bingo, 1:00 p.m.
August 27— Learn to Play 45s, 1:00 p.m.
August 28—Outdoor Games, 10:30 a.m.
August 29—Happy Hearts Chorus Rehearsal, 1:00 p.m.

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

- **Beginners 45s** meets every Tuesday at 1pm
- **Coffee Coloring & Conversation** meets the 1st & 3rd Tuesday of the month at 10am. **August 6 and August 20**
- **Dialogue with the Director** meets the 3rd Friday of the month at 10am. **August 16**
- **Happy Hearts** meets every Thursday at 1pm
- **Kindness Rocks** meets the 1st and 3rd Friday of the Month at 10:00am. **August 2 and August 16**
- **Scrapbooking & Card Making** meets the 2nd Monday of the month at 10am. **August 12**

Coming Soon Book Club with Maureen Sharrock!

Do you love to read? Do you love to talk about books? Welcome to our brand new Book Club with COA Board Chair, Maureen Sharrock. Every month, the club will select from a diverse range of genres, cultures and periods. Space is limited to 15 participants, so please sign up early! More information will be forth coming. Enjoy the rest of your summer and Happy Reading!



Luau Celebration

Wednesday, August 7, 11:30 a.m.—2:00 p.m.

Join us for lunch (menu: seafood salad sandwich, clam chowder, salad and strawberry shortcake), and a Hawaiian Show with a Hula Dancer... and guest performers!!

Cost: \$2.00 Maximum: 120

Monthly Birthday Club

We are excited to celebrate YOU! On the fourth Thursday of each month at 11:30 a.m. come and celebrate your special day at the Senior Center. Enjoy our daily lunch program and stay for cake!

Lunch reservations must be made no later than 11:30 a.m., 2 days in advance by calling 978-983-8832. Menus available at the Senior Center.



Magic Show with Master Illusionist, Lyn Dillies Wednesday, August 21, 2:00 p.m.

Bring your younger neighbors, friends, and family as we welcome Illusionist,

Lyn Dillies, to the Methuen Senior Activity Center Stage! The Magic of Lyn transforms any room into a Vegas showroom with world class and exciting entertainment. Lyn's spectacular, eye-defying illusions have been astounding audiences for over two decades!!



Max: 140

NEW -Oscar Movie Series

A Beautiful Mind

Wednesday, August 14, 2024 at 12noon

Upcoming Films:

Forrest Gump

The English Patient



Health Talks

Pain! Where does it hurt? Come and learn about Chronic Pain by Donald Marcus

Friday, August 9, 10:30 a.m.

Friday, September 13, 10:30 a.m.

Visiting Office Hours with your Public Officials



Rep. Estella Reyes – August 9, 10-12noon
Rep. Ryan Hamilton August 2 and 16, 10am – 12noon
Senator Pavel Payano – August 7, 10am-12noon
Methuen City Councilor At Large, DJ Beauregard – August 7 , 11am-12noon

Methuen Veterans Director, Paul Jensen
3rd Thursday of the month from 10am-12noon

All are welcome to stop in to discuss issues, concerns or just to say hello!

LOSS & TRANSITION BEREAVEMENT SUPPORT

September 25@ 10am

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

INFORMATIONAL SESSION



KevTech Services

Back to Basics with iPhone and iPad

Monday, August 19, 2024 @ 10am

Space Is Limited! Reserve your Spot Today!
978-983-8825

FINDERS KEEPERS – BIT SUPPORT GROUP

Support Group for Buried In Treasure members
Second Friday of the Month @ 10:30 a.m.

Walking Club

10:30 a.m.—11:15 a.m. (The second and fourth Tuesdays of the month)



Take a walk on the Rail Trail with existing and new friends. Meet at the Train Depot on Railroad Street.

Walks are weather permitting.

Dig in and Volunteer



Make a difference in someone's life!
Volunteer to drive older adults.
Drive when and where you want.
Mileage reimbursement provided.

Visit www.driveformeet.org/volunteer or call 978-388-7474 to learn more about volunteering.



Northern Essex Elder Transport, Inc.

EXERCISE AND ACTIVITY SCHEDULE



Cost per class - \$2.00. Participants are asked to arrive and leave classes promptly. Please 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—Call 978-983-8825 for information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30-9:15 Aeroflex & Weights with Pat ~ 8:30—11:30 SHINE (Serving Health Insur- ance Needs of Everyone) For an in-person appt. call 978 - 983-8825 ~ 9:30-10:15 Gentle Yoga with Pat ~ 1-3:00pm Mahjong</p>	<p>8:45-9:30 Cardio Aerobics & Weights with Val ~ Blood Pressure Clinic 9: 00-11:00 ~ 9:30-10:15 Line Dancing with Val ~ 1:00pm Beginner 45's ~ 1:00-3:00 Dominoes & ~ Scrabble</p>	<p>8:30-9:15 Balance, Bones & Brain with Brian ~ 9:30-10:15 Balance, Bones & Brain with Brian ~ 10:30-11:15 Zumba ~ Painting 10:00-12:00 ~ Painting 1:00—3:00</p>	<p>8:30-9:15 Gentle Yoga with Pat ~ Blood Pressure Clinic 9:00-11:00 ~ 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</p>	<p>8:30-9:15 Yoga with Joan ~ 9:30-10:15 Yoga with Joan</p>

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 9:00am—3:00pm, Friday 9:00-12:00

Discover Hidden Treasures

Tucked away like a well-kept secret, our Thrift Shop is the go-to destination for savvy shoppers looking to uncover hidden gems. Our Thrift Shop is not just a place to shop, it's also a hub of community giving!



Tuesday, August 20, 2024 Fill-A-Bag for \$5.00

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

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. Burriville, 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, Fredericksburg, National Museum of the Pacific War, Choice on Tour, Historic Pearl District, Paseo del Rio Cruise. \$1,999pp

Join us for our First-Ever Senior Variety Show!

Do you have a talent such as writing poetry, singing, dancing, comedy, or more? Would you like to "show off" your talent in front of our community? Then reach out to Sue Riccio, Assistant Director, as we prepare for our first-ever Variety Show! Please express your interest by September 13 and let us know what type of talent you are bringing to the center.

Variety Show Date: Wednesday, October 23, 1:00 p.m.



COA Ambassador Program

If you are 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 COA Ambassador. 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 is challenging. But with the friendly atmosphere and support of our Ambassadors, we're confident that you'll find the experience enjoyable. Give us a call today!

Big Thanks... to all who contributed to the services and programming in July including

Gravity Men Band for the wonderful show, Atty Peter McQuillan, Pollard Funeral Home, Accent Care for all the information, KevTech teaching how to use your device, Ken Ackroyd for 45's beginner class, Abraham Megerdichian for the presentation, "Love in Metal", Jacqui Marchand for Loss and Transition support, State Representatives Ryan Hamilton, Estella Reyes, State Senator Payano, City Councilor DJ Beauregard thank you all for your office hours held at the Senior Center, Traveling Chef for the fantastic luncheon, Maggie Leblanc LPN, Faith Ouellette RN, Karen Ferullo RN for the Blood Pressure Clinics, Beverly Stoebel for support and referral services.

Free Legal Clinic

With Attorney Peter McQuillan

2nd Wednesdays of the Month

Call today to Schedule an in-person appointment at
978-983-8825

KINDNESS ROCKS

with Yvonne Paplaskas-

August 2 & August 16

~ 10:00am

Rocks, paint, and a fun time supplied!



Come Play 45's! All are welcome!



Mondays, August 5 and 19, 12:30 p.m.

June's Winners: 1st Place: Carol Tudisco and Stephen Lombardi 2nd Place: Millie Bretton and Jackie Meaney

July 8th's Winners: 1st Place: Frank Lombardi and Jo Lambert 2nd Place: Shirley King and Jessica Grace
\$3.00pp.

Save the dates:

Country Dance Hoe-Down—September 28, 3-5pm

Happy Hearts Concert— Thursday, October 3

COA Welcome Back Social— Wednesday, October 9

Fireman's Senior Supper - October 15, 4-6pm

Health Fair— Tuesday, October 22

Senior Variety Show— Wednesday, October 23

Make a Difference

Whether you have a few hours to spare each week or can offer your expertise on a particular topic, there



are countless ways to get involved. If you are passionate about serving others and would like to join us in our mission to support seniors and promote active aging, we would love to have you on board as a volunteer. To learn more about volunteer opportunities and how you can get involved, please call the Senior Activity Center and ask for Assistant Director, Sue Riccio.

WEEKLY BLOOD PRESSURE CLINIC

Tuesdays 9:00am-11:00am

Maggie LeBlanc, LPN and Faith Ouellette, RN



More Services...

Beverly Stoebel, Volunteer, 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.*

Farmer's Market Coupons Available

Wednesday, August 7, 8:30 a.m.

First come, first served. To be eligible to receive coupons, you must be 1.) 60 years of age and older OR disabled and living in senior housing where congregate nutrition services are provided. And 2.) You must be lower than the income limits outlined (please inquire at the desk).

