



LETTER FROM OUR DIRECTOR

Dear Members,

With the crisp fall air upon us, we are thrilled to welcome October here at the Senior Center! As the leaves turn and the days grow shorter, we have an exciting lineup of events planned to make this season truly special.

We are excited to announce our first-ever Variety Show on October 23rd, showcasing a range of talents and performances from our community members. Additionally, our Senior Health and Wellness Expo will offer valuable information and resources to support your well-being on October 22nd. And don't miss our Spooktacular Celebration! This year, we're turning the Senior Center into a haunted haven with decorated cars for a fun and festive experience on Wednesday October 30th from 2-3:30pm.

In addition to these events, we are continuing with our pilot program of extended evening hours on October 3 and October 10, where the Senior Center will be open until 7:00 p.m.

We are also excited to announce our monthly Ambassador Program coffee hours on the second Tuesday of the Month! This is a wonderful chance to meet our ambassadors and get more connected with our center on Tuesday October 8, 2024.

As flu season approaches, don't forget to get your flu vaccine! The Public Health Department's Health Nurse, Karen Ferullo, will be vaccinating the homebound and has organized two flu clinics at the center on October 1st and October 8th. If you miss these dates, she will also be available to provide vaccines on Thursdays while you are getting your blood pressure checked.

In addition to the wide variety of programs and volunteer opportunities we offer, we also provide support and resources. If you need assistance, please reach out. You are not alone. We are here to connect you to the resources you need.

I hope to see you at the Senior Center soon.

Warm regards,
Ashley

THE HAPPY HEARTS CHORUS PRESENT:
CELEBRATING 40 YEARS OF MUSIC
THURSDAY, OCTOBER 3RD 1:00- 3:00 PM.
JOIN US FOR A TOE TAPPING, HAND CLAPPING, SINGING ALONG AFTERNOON!
THIS CONCERT IS FREE AND OPEN TO THE GENERAL PUBLIC
SEE YOU AT THE SHOW!

What's Inside

- 02 Staff/Board
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- 05 Trips & More
- 06 Fitness Classes
- 07 -12 More things to do!

*Methuen Senior
Activity Center*

*77 Lowell Street
Methuen, MA
01844*

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

978-983-8825

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on
Facebook**

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id=61560254214927](https://www.facebook.com/profile.php?id=61560254214927)

SPOTLIGHT ON OUR STAFF

****Spotlight on Our Team: Honoring the Faces Behind Our Center****

We are excited to introduce a new section in our newsletter dedicated to the heart and soul of our senior center—our incredible staff. In each issue, we'll be shining a spotlight on the dedicated individuals who work tirelessly to make our center a welcoming and vibrant community. We'll be starting with the team members who have been with us the longest, celebrating their years of service and commitment. Stay tuned as we take this journey together, recognizing the passion and dedication that make our senior center truly special.



**Cheryl McQuillan,
Outreach Coordinator
12 Years**

1. Can you tell us a little about your background and what led you to work here?

I worked for the SSA for nearly 30 years. My responsibilities included, but were not limited to, interviewing applicants and processing retirement, survivor and disability claims for the senior population. As an empty nester, upon learning of the opening of my current position, I saw the opportunity to continue assisting the senior community in a fulfilling capacity.

2. What do you enjoy most about your job?

Every day presents a different challenge in contributing to the needs the seniors. I strive to add a positive outlook by being courteous, caring and genuinely attentive to the cares and concerns of the seniors. Some of my duties include data entry of all the daily activities and events, administering the NEET program ensuring that our seniors arrive at their medical appointments through my coordination and scheduling of volunteer drivers. I also enjoy assisting in the making of appointments for the SHINE counselor as well as assisting the seniors in the scheduling of their participation in events at the senior activity center and dealing with their general concerns on a daily basis at the office window.

3. What is one thing that you wish more people knew about the Senior Center?

I would like more people to know that it is an active, welcoming and exciting senior activity center. It offers so many interesting, diverse and beneficial opportunities through our various programs such as health seminars, social gatherings, cultural events, the scheduled happenings of which can be found in our monthly, informative newsletter, our website and Facebook. The success of the senior activity center is because of the dedicated staff members I work alongside every day.

4. How do you like to spend your time outside of work?

My priority is spending time with my family and friends. I enjoy reading. Dining out at various restaurants. Spending time at our vacation home at the beach. Long walks and traveling when and where it takes

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

METHUEN SENIOR ACTIVITY CENTER 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

INSPIRATIONAL QUOTE

"October is a symphony of permanence and change"
-Bonaro Overstreet

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.**

October 1 Red Cross Ready 10:30 a.m.
October 1 Flu Clinic 9-11:00 a.m.
October 2 Giving Tree Housing Tours 10:30 a.m.
October 2 I'm 60 Now What, Bankers Life
Presentation 10:30 a.m.
October 2 Book Club with Maureen Sharrock 1:00
p.m.
October 3 CedarView hosts Respiratory Therapist
10:00 a.m.
October 3 Sunset Seminar 5:30 p.m.
October 3 Happy Hearts Concert 1:00 p.m.
October 4 Kindness Rocks 10:00 a.m.
October 4 Photography 6 Week Class starts 11:00
a.m.
October 7 45s,\$3 pp 12:30
October 7 Sign Language Class with Susan Lulamiere
starts 1:00 p.m.
October 8 Flu clinic 9-11:00 a.m.
October 8 Walking Club 10:30 a.m.
October 8 Sound Meditation with Jeannie Perault
1:30 p.m.
October 9 Attorney Peter McQuillan office hours. Call
to schedule an appointment.
October 9 COA Welcome Back 2-3:30 p.m.
October 9 Adopt a Grandparent 2:30 p.m.
October 10 MCTV 7 Week Field Class starts 11:00
a.m.
October 10 Happy Hearts 1:00 p.m.
October 10 Sunset Seminar 5:30 p.m.
October 11 MPD Drone Unit Demonstration 9:30 a.m.
October 11 Health Talks 10 a.m.
October 11 Photography Class 11:00 a.m.
October 14 Closed for Indigenous People's Day
October 15 Thrift Shop Sale 9:00 a.m. to 3 p.m.
October 15 Ghost Talks 11:00 a.m.
October 15 Fireman Supper 4:00 p.m.

October 16 Loss & Transition 10:00 a.m.
October 16 Pool Table Dedication 10:00 a.m.
October 16 Adopt a Grandparent 2:30 p.m.
October 17 Day Trip Robin Williams
October 17 AWP Information Table 9:00-11:00 a.m.
October 17 MCTV Field Class 11:00 a.m.
October 17 Happy Hearts 1:00 p.m.
October 18 Kindness Rocks 10:00 a.m.
October 18 Photography Class 11:00 a.m.
October 18 Dialogue with a Director 10:00 a.m.
October 21 Kevtech Class (class full) 10:00 a.m.
October 21 New Year, New You with Deb Blood 11:00
a.m.
October 21 Bingo sponsored by Cedarview, \$.50/card
1:00 p.m.
October 22 Walking Club 10:30 a.m.
October 22 Color Spirit Days - wear ORANGE Today!
October 22 Health Fair 2-6 p.m.
October 23 Day Trip - Halloween Party @ Indian Head
October 23 1st Ever Variety Show 1:00 p.m.
October 23 Adopt a Grandparent 2:30 p.m.
October 24 The Gemstones sponsored by the
Methuen Cultural Council & Brightview 1:00 p.m.
October 24 MCTV Field Class 11:00 a.m.
October 24 Monthly Birthday Program 11:30 a.m.
October 25 Photography Class 11:00 a.m.
October 28 AARP safe driving course 9:30 to 3:00
p.m. \$20 to \$25 Payable to AARP
October 28 45s 12:30 p.m.
October 29 Bewitched 11:00 a.m.
October 29 Karaoke 1:30 p.m.
October 30 Trunk or Treat 2 - 3:30 p.m.
October 30 Adopt A Grandparent 2:30 p.m.
October 31 MCTV 11:00 a.m.
October 31 Happy Hearts 1:00 p.m.

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

- Adopt A Grandparent meets every Wednesday at 2:30pm.
- Beginners 45s meets every Tuesday at 1pm
- Dialogue with the Director meets the 3rd Friday of the month at 10am. October 18
- Happy Hearts meets every Thursday at 1pm
- Kindness Rocks meets the 1st and 3rd Friday of the Month at 10:00am. October 4 & 18
- Loss & Transition Bereavement Group meets the 3rd Wednesday at 10am. October 16

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 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!

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

Three Winners each Month!

*Membership: 6 months for \$24 OR
12 months for \$48*

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

50/50 CLUB WINNERS

Congratulations to the August 2024 winners:



Herb McCarthy \$161.50

Linda Larocque \$96.90

Olga Grossi \$64.60

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!

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 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.

TRAVEL WITH THE METHUEN SENIOR ACTIVITY CENTER!

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

- 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

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

Visiting Office Hours with your Public Officials

Rep. Estella Reyes – October 11, 10-12noon
Rep. Ryan Hamilton October 4 & 18, 10am – 12noon
Senator Pavel Payano – October 2, 10am-12noon
Methuen City Councilor At Large, DJ Beauregard –
October 2, 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!

Monthly Birthday Club

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.

METHUEN SENIOR ACTIVITY CENTER *FIRST 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, AT 978-983-8837, as we prepare for our first-ever Variety Show!

Please express your interest by October 10 and let us know what type of talent you are bringing to the center.

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

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.

Classes are complimentary for members over 90 years young.

**WEEKLY ACTIVITIES - UPDATED! Note: Some activities require pre-registration.
Call 978-983-8825 for information.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30-9:15 Aeroflex & Weights with Pat ~</p> <p>8:30—11:30 SHINE (Serving Health Insurance Needs of Everyone) For an in-person appt. call 978- 983-8825 ~</p> <p>9:30-10:15 Gentle Yoga with Pat ~</p> <p>1-3:00 Mahjong</p>	<p>8:45-9:30 Cardio Aerobics & Weights with Val ~</p> <p>9:00-11:30 Ceramics ~</p> <p>9:00-11:00 Blood Pressure Clinic ~</p> <p>9:30-10:15 Line Dancing with Val ~</p> <p>12:30-3:00 Ceramics ~</p> <p>12:30-1:15 Tai Chi ~</p> <p>1:00 Beginner 45's ~</p> <p>1:00-3:00 Dominoes</p>	<p>8:30-9:15 Balance, Bones & Brain with Brian ~</p> <p>9:00-11:00 Quilting ~</p> <p>9:30-10:15 Balance, Bones & Brain with Brian ~</p> <p>10:30-11:15 Zumba ~</p> <p>10:00-12:00 Painting ~</p> <p>1:00-3:00 Painting ~</p> <p>2:30 -3:45 Adopt A Grandparent</p>	<p>8:30-9:15 Gentle Yoga with Pat ~</p> <p>9:00-11:00 Blood Pressure Clinic ~</p> <p>9:30-10:15 Aeroflex & Weights with Pat ~</p> <p>1:00-3:00 Bridge Group ~</p> <p>1:00-3:00 Happy Hearts Chorus</p>	<p>8:30-9:15 Yoga with Joan ~</p> <p>9:00-11:00 Quilting Circle ~</p> <p>9:30-10:15 Yoga with Joan ~</p> <p>10:30-11:15 Line Dancing</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.

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, October 15, 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

Big Thanks... to all who contributed to the services and programming in September including: AgeSpan & Methuen Police Department for the wonderful Remembrance Luncheon, Attorney Peter McQuillan for hosting free legal consultations, Howie Newman for a Fun Performance ,KevTech Services for teaching us how to use our devices, the YWCA for hosting a Housing Informational Seminar, Sarah Turcotte for hosting a Memory Loss Program, AccentCare for hosting a Fall Prevention Workshop, Agespan Nutritionist Leigh Hartwell for a Fun Food Safety Bingo Game, and to 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, AND to all of the wonderful volunteers for all that they do daily for our center.



Fall into a Wonderful Volunteer Opportunity

Your time will be well spent helping local older adults with transportation. You decide when and where to drive.

Call 978-388-7474 or visit www.driveformeet.org/volunteer to learn more and start helping today!

Northern Essex Elder Transport, Inc.

45's Tournaments

Come Play 45's!
All are welcome!

Mondays, October 7 & 28 at 12:30 p.m.
\$3.00 to play

September 9 winners: 1st Place Irene Galluccio and Tom Finn- 2nd Place Shirley King and Ron Bretton

LOSS & TRANSITION BEREAVEMENT SUPPORT

October 16, 2024 @ 10am

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

BANKERS LIFE PRESENTATION **with Charles Wheeler**

I'm 60! Now What?
Wednesday October 2, 2024 @ 10:30 am

Join us for an informative session designed to guide you through the next phase of life. Whether you're approaching retirement or just turning 60, we'll cover essential topics like pre-retirement planning, Social Security, income strategies, and healthcare planning. This program will help you prepare for a secure and fulfilling future, ensuring you're ready for the road ahead. Don't miss out on this opportunity to get expert advice and start planning with confidence!

NEW! EXTENDED EVENING HOURS

The Methuen Senior Activity Center is piloting extended evening hours as part of our 40th anniversary year! The Senior Center will be open until 7:00 PM on the following dates: October 3 and October 10.

During these extended hours, the Center will be open for: Socialization, Cards, Billiards, Services, and Personal Fitness. The Sunset Seminar Series has been produced in full by a grant awarded to the Massachusetts Council on Aging by the Executive Office of Elder Affairs.

Sign up today for one or all these exciting seminars by calling 978-983-8825. For more information, please stop by the office or call us today!

- How to maintain your career and your sanity while caring for an aging parent?

Thursday, October 3, 5:30 p.m.

- Navigating Solo Aging: Addressing Unique Needs and Building Support

Thursday, October 10, 5:30 p.m.

KARAOKE with DON RICCIO

Tuesday October 29 at 1:30

Come sing your heart out with new & old friends!



Methuen Police Department **Drone Unit Demonstration**

Friday October 11, 2024
At 9:30 am

"EYES IN THE SKY: ENHANCING SAFETY WITH CUTTING-EDGE DRONE TECHNOLOGY"

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.

Book Club with Maureen Sharrock

Join us for the launch of our brand-new book club at the Methuen Senior Activity Center, **hosted by COA Board Chair Maureen Sharrock!**

October 2, 2024 at 1pm

Whether you're a seasoned reader or just looking to dive into something new, this club is the perfect place to share your love of literature and connect with fellow book enthusiasts.

You'll learn all about the exciting vision for the club, and we'll reveal our second book selection—a captivating read that's sure to spark lively discussions.

Spaces are limited to 15 members, so sign up early to secure your spot in what promises to be a delightful and thought-provoking journey through the pages.

We will meet the first Wednesday of each month. For more information, call the center
978-983-8825

FINDERS KEEPERS

Buried In Treasure SUPPORT GROUP

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

CLINICS

FLU CLINIC

with the City Nurse

October 1st and 8th from 9am-11:30am

Also on Thursdays
from 11am-2pm

BLOOD PRESSURE CLINIC

Tuesdays 9:00am-11:00am

Maggie LeBlanc, LPN and Faith Ouellette, RN

Thursdays 9:00am - 11:00am
Karen Ferullo, 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.

Free Legal Clinic
With Attorney Peter McQuillan
2nd Wednesdays of the Month
Call today to Schedule an in-person
appointment at 978-983-8825

Shine News

What do I need to know about Medicare Open Enrollment?

Medicare Open Enrollment: October 15 – December 7.

SHINE counselors can help you with all things Medicare

Your health insurance costs are an important part of your budget and Medicare Open Enrollment is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect with your current plan in 2025, or to learn about all options that may be most cost-effective for you. You may also benefit from cost-savings programs which a SHINE counselor will explain to you. Medicare plans can change annually, and changes are expected for 2025.

This can affect your health care and drug costs.

SHINE = Serving the Health Insurance Needs of Everyone...on or eligible for Medicare.

Certified SHINE counselors are available all year, and offer free, unbiased confidential counseling on all aspects of Medicare health insurance.

Call the center at 978-983-8825 for an appointment.

INFORMATIONAL COURSE

New Sign Language Classes

Starts Monday October 7, 2024 at 1pm

Join Sign Language teacher Susan Lalumiere as she guides us through the basics of sign language. Whether you've always wanted to learn or are looking for a new way to express yourself, this class offers a valuable skill that opens the door to non-verbal communication.

As we age, we may lose our voice, but with sign language, you'll always have a way to connect with others. Sign up today and discover the power of hands-on communication!

Disclaimer: We do our best to ensure accuracy in the newsletter, however; often times there are last minute program changes and/cancellations. For the most up to date information, please call the Senior Center.

METHUEN DAY

Come visit the Methuen Senior Activity Center table at Methuen Day!

We're excited to share all the wonderful programs and activities we offer.

Stop by to learn about our upcoming events, chat with our friendly staff, and discover how you can get involved. Whether you're a regular visitor or new to the center, we'd love to see you there!

Saturday October 5, 2024 from 10am-3pm

ENTERTAINMENT



The Gemstones

**Thursday October 24, 2024
at 1pm**



THE GEMSTONES ARE A YOUTHFUL 4-PIECE RETRO-ROCK BAND OF BROTHERS SPECIALIZING IN A MIX OF NOSTALGIC ORIGINALS AND HITS FROM AMERICA'S DECADE; ROCKABILLY, BLUES, COUNTRY & ROCK'N'ROLL OF THE 1950S!

KINDNESS ROCKS

Join Yvonne Paplaskas & Elaine Anderson on October 4 & 18 at 10:00am for a great time painting kindness rocks.

Rocks, paint, and a fun time supplied!

INFORMATIONAL SESSION

Ghost Talks

Tuesday October 15, 2024 @ 11am

Join us for "Ghost Talks" an afternoon dedicated to exploring the supernatural. Our special guest, a local ghost hunter and historian, will share their most haunting experiences, discuss ghost hunting techniques, and reveal the stories behind famous haunted locations. Whether you're a skeptic or a believer, this event promises to be an unforgettable journey into the unknown, complete with an interactive Q&A session. Don't miss out on this chance to delve into the world of ghosts and spirits!

SAVE THE DATES

Election Day, No Programs or Classes - Tuesday
November 5

Senior Picture Day - Wednesday November 6

Collette Tours Extended Trip Presentation -
Wednesday November 6

Mohegan Sun Day Trip - Wednesday November 13

Traveling Chef - Wednesday November 20

Tommy Rull Performance - Tuesday November 26

INFORMATIONAL COURSE

PHOTOGRAPHY

Class

By Nancy Reardon

SPACE IS LIMITED, SIGN UP TODAY

Do you have a camera, but don't know quite how to use it? Want to learn what all those buttons are for, how to capture a great shot, take action shots, nature shots and more? Then this class is for you! Nancy Reardon will teach you the basics, tips and tricks!

**Six Week Class Starts Friday October 4, 2024
11am - Noon**



\$20 FOR CLASS

ADOPT A GRANDPARENT

****Join Our "Adopt a Grandparent" Program!****

We're inviting you to be part of a heartwarming tradition at our center—the "Adopt a Grandparent" program. In partnership with Methuen High School, this program pairs our seniors with students who visit us weekly throughout the school year. Together, you'll share stories, play games, enjoy field trips, and celebrate special events. It's a wonderful opportunity to form meaningful connections and pass on your wisdom to the next generation. Sign up today and be part of this unique experience where the Eyes of the Past greet the Eyes of the Future!

Every Wednesday at 2:30pm

EDUCATIONAL ENTERTAINMENT

Field Camera Operations/TV Beginners Class

Hosted by MCTV

Starts Thursday October 10, 2024 at 11am

Curious about what it takes to shoot a TV show or special event out in the field? Join MCTV at the center for a 7-week course that covers all the basics of field camera operations! You'll learn essential skills needed to capture video content, from setting up equipment to shooting and troubleshooting in real-world environments. Plus, after completing the course, there's an exciting opportunity to volunteer with MCTV, helping to capture and preserve Methuen's memories. No experience required—just a willingness to learn and have fun!

Space is limited! Sign up today!

INFORMATIONAL SESSION

Basic Safety Red Cross Course

Tuesday October 1, 2024 at 10:30am

Learn vital skills like first aid, CPR, and emergency preparedness to help you respond confidently in emergencies. Sign up today!

TRUNK OR TREAT

Join us for a fun-filled **TRUNK OR TREAT** event at the Senior Center on Tuesday October 30, 2024 at from 2- 3:30 pm

Enjoy trick-or-treating from decorated car trunks, a costume contest, Halloween games, and spooky treats.

To donate candy or to 'treat', sign up at the front desk or call 978-983-8825. Celebrate Halloween with us in a safe and festive environment!

Pool Table Dedication

Join us on Wednesday, October 16th at 10:00 am, the family of James and Judith Entwistle invite you to the dedication of our new pool table that was donated by their daughter Jami and grandson Lucas in loving memory of them. We thank Jami and Lucas for their loving gift to our center.

INFORMATIONAL SESSION

AARP Smart Driver Safety Course

Monday October 28, 2024 from 9am - 3pm

This updated AARP Smart Driver Course offered by AARP Driver Safety is the nation's largest driver safety course and is designed especially for drivers age 50 and older

The fee is \$20 for AARP members and \$25 for non-members. Space is Limited, Register & Pay Today! Checks payable to AARP.

Bring your Own Lunch - No Refreshments provided

EDUCATIONAL ENTERTAINMENT

"Bewitched: Styles During The Time Of The Salem Witch Trials"

Tuesday October 29, 2024 @ 11am

Do you love learning about the Salem Witch Trials of the 1690s? Join us for an afternoon of discovering what the folks of Salem, MA were wearing during this time and how their styles differed from those worn by the people of Europe and other areas. We will explore the various aspects of dress for men and women of that time, while viewing images and movie clips to supplement our discussion. Please spend your afternoon with us and get into the Halloween spirit!

DIALOGUE WITH DIRECTOR

Whether you have ideas for new programs, suggestions for improvements, or concerns you'd like to discuss, this is your chance to be heard. Your feedback is invaluable in helping us shape the future of the center. Come be a part of the conversation and make a difference in our community! Every third Friday of the month.

We invite you to join our *Dialogue with the Director* program—a monthly opportunity to sit down with Director, Ashley Shaheen, and share your thoughts.

Friday October 18, 2024 @ 10am

Monthly Housing/Rehab Tours

October 2 @ 1030 for Giving Tree in Dracut MA

Join us once a month while we explore local senior living and rehab facilities. Meet at the center, transportation is provided.

COA Welcome Back

COA WELCOME BACK

Wednesday October 9, 2024 from 2-3:30 p.m.

The COA Board is excited to invite you to our Welcome Back Social on Wednesday, October 9! Join us as we reconnect, share exciting updates, and celebrate the fall season. Enjoy a delightful array of apple crisps and all things apple while learning about our latest initiatives.

Space is Limited! Sign Up Today 978-983-8825

Ambassador Program

If you are interested in becoming part of our Ambassador Program, we invite you to reach out and sign up!

Join us the 2nd Tuesday of the Month for an Ambassador Coffee Hour at 10am.

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!

INFORMATIONAL SESSION

NEW YEAR NEW YOU

hosted by Deb Blood
featuring spiritualist Cheryl Bradley

Monday October 21, 2024 at 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

HEALTH TALKS WITH DR DONALD MARCUS

Friday October 11, 2024 at 10am

Dr Marcus hosts a monthly Health Talks Series focusing on a wide range of medical topics affecting seniors today.

Join him for an informational and intimate discussion on Health

INFORMATIONAL SESSION

HEALTH FAIR

TUESDAY OCTOBER 22, 2024 FROM 2-6PM

We are thrilled to partner with the Methuen health department to host a senior health and wellness expo on Tuesday, October 22nd 2024 from 2:00 to 6:00 p.m. we will kick off the event with a keynote speaker from the MIT age lab followed by breakout workshop sessions by Methuen Police department, Methuen Fire Department, fitness instructor Brian Coyne, Dr. Green LaRoche and Jeannie Perrault. In addition, there will be several vendors dedicated to optimizing your health. See enclosed flyer for additional information.

EDUCATIONAL ENTERTAINMENT

SOUND MEDITATION WITH JEANNIE PERRAULT

Tuesday October 8, 2024 at 1:30pm

Join us for a relaxing Crystal Bowl Sound Meditation workshop, where the soothing vibrations of crystal singing bowls will guide you into a deep state of relaxation and inner calm. This immersive sound journey helps to reduce stress, balance energy, and promote overall well-being. Whether you're new to meditation or experienced, this session offers a peaceful space to unwind and reconnect with yourself. No prior experience is necessary—just bring an open mind and enjoy the healing power of sound.

FIREMENS SUPPER

Enjoy a Delicious Spaghetti Dinner cooked and served by the Methuen Fire Department.

Tuesday October 15, 2024 at 4pm

INFORMATIONAL SESSION

Health Management Workshop

Hosted by Cedarview

Thursday October 3, 2024 at 10am

Cedarview Respiratory Therapist Karissa will host a Basic 101 Health Workshop discussing topics such as medication use, exercising, healthy eating, pulmonary management and heart failure.

Color Sprirt Days - Wear the color of the month - make your outfit as colorfilled as possible -

ORANGE
October 22, 2024