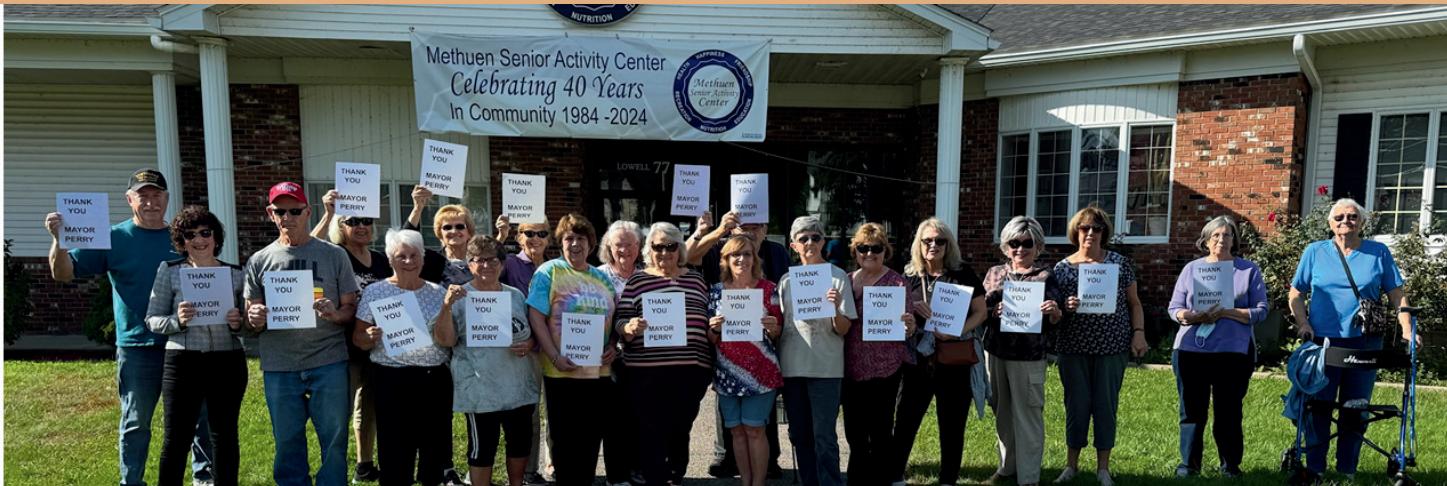


# NOVEMBER 2024 NEWSLETTER

Celebrating 40 Years of Community Excellence



## LETTER FROM OUR DIRECTOR

Dear Members,

Welcome to our Grateful and Thankful edition of the newsletter! As we approach the holiday season, we are reminded of the many blessings we have, including health, family, and friendships. The Senior Center is a vibrant place where friendships blossom daily, and it serves as a vital space for reconnection.

In late September, we experienced the profound loss of our Mayor Perry, a leader who loved our city beyond measure. He exemplified dedication and always sought the best for our community. We are truly thankful for the impact he made and the rippling effect he left on so many lives. His encouragement for everyone, especially our seniors, to participate and engage has inspired us all.

As we honor his legacy, we invite you to join us in making our Mayor's wishes come true. Please participate in our Grateful and Thankful event on Friday November 8 at 10am. This is a time for remembrance and appreciation of all we have at the Senior Center. Together, let's celebrate his contributions and express our gratitude for our community.

We also recognize that the holiday season can be a difficult time as we think of those we have lost. If you are struggling with loss, please reach out. Support is available, and you are not alone.

I am grateful to embark on this holiday season with each of you. Let's make it a time of connection and reflection.

Warm regards,  
Ashley Shaheen  
Council on Aging Director

## What's Inside

- 02 Staff/Board
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- 06 Travel With Us
- 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

**Follow Us  
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[https://www.facebook.com/profile.php?  
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.

#### **Raymond Dupress Custodian 12 Years**



It is with great pride that I, on behalf of the COA, present this month's staff spotlight. Ray has been an invaluable member of our Senior Center for over 12 years, serving as a key player in our Maintenance Department. He single-handedly supports the team by treating our center as if it were his own, and his dedication to maintaining our building in pristine condition is truly commendable.

In this edition dedicated to gratitude, I want to highlight Ray for his dedication and commitment. Not only does he keep our Senior Center in tip top shape, but he also makes himself available 24/7 to address any issues that arise, from kitchen leaks to other urgent matters. With over a decade of experience, he has encountered it all and consistently offers thoughtful solutions and support.

Ray is not just an excellent employee; he is an integral part of our center family and a fixture in our center. We are grateful for his hard work and dedication.

Thank you, Ray, for everything you do!  
Ashley & the Entire Team

## 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, Gwen Lariviere, Regina McCarthy,  
Josephine McDougall, Yvonne Paplaskas, Don  
Riccio, Cheryl Sirois, Peggy Trudel

Ex Officio Members: Jennifer Loiselle, Sue Riccio

## INSPIRATIONAL QUOTE

“Food is better in November than any other time of the year.” - Cynthia Rylant

# RESOURCE PAGE

## CLINICS

### BLOOD PRESSURE CLINIC

Tuesdays 9:00am-11:00am  
Maggie LeBlanc, LPN and Faith Ouellette, RN  
  
Thursdays 9:00am - 11:00am  
Karen Ferullo, RN

### FLU CLINIC

#### with the City Nurse

Thursdays  
from 11am-2pm

~

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.



### *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.driveforneet.org/volunteer](http://www.driveforneet.org/volunteer)

to learn more and start helping today!



*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.*

## LEGAL ASSISTANCE

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 SHINE 978-946-1374  
for an appointment.

## SUPPORT GROUPS

### LOSS & TRANSITION BEREAVEMENT SUPPORT

November 20, 2024 at 10am

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

### Buried In Treasure SUPPORT GROUP

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

## 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.**

NOVEMBER 1 KINDNESS, ROCKS 10:00 A.M.  
NOVEMBER 1 MEDICARE 101 WITH ANDY FIRMAN 10:00 A.M.  
NOVEMBER 1 PHOTOGRAPHY 11:00 A.M.  
NOVEMBER 4 NO ACTIVITIES.  
NOVEMBER 5 ELECTION DAY - NO ACTIVITIES.  
NOVEMBER 6 SENIOR PICTURE DAYS WITH NANCY REARDON 11:00 A.M.  
NOVEMBER 6 COLLETTE TOURS 2025 TALK 1:00 P.M.  
NOVEMBER 6 ACTING MAYOR DJ BEAUREGARD OFFICE HOURS 12 NOON  
NOVEMBER 7 METHUEN MEMORIALS INFORMATIONAL SESSION 10:00 A.M.  
NOVEMBER 7 MCTV 11:00 A.M.  
NOVEMBER 8 TRIBUTE TO THE LATE MAYOR NEIL PERRY 10:00 A.M.  
NOVEMBER 8 PHOTOGRAPHY 11:00 A.M.  
NOVEMBER 11 CLOSED - VETERANS DAY  
NOVEMBER 12 MEDICARE 101 WITH HEATHER HURD FROM BCBS 10:30  
NOVEMBER 12 JOHN WATERMAN PRESENTS VETERANS SHOW 2:00 P.M.  
NOVEMBER 13 DAY TRIP MOHEGAN SUN  
NOVEMBER 13 TRIVIA AND TUNES WITH VIN PESCATORE 10:30 A.M.

NOVEMBER 14 METHUENS FOUNDING MILLIONAIRES PRESENTATION WITH BEVBROWN 10:00 A.M.  
NOVEMBER 14 MCTV 11:00 A.M.  
NOVEMBER 14 BRIGHTVIEW HOUSING TOURS 11:30 A.M.  
NOVEMBER 15 KINDNESS ROCKS 10:00 A.M.  
NOVEMBER 15 DIALOGUE WITH DIRECTOR 10:00 A.M.  
NOVEMBER 18 CEDARVIEW PRESENTS: DIETICIAN TALKS 10:00  
NOVEMBER 18 BINGO SPONSORED BY CEDARVIEW  
NOVEMBER 18 THRIFT SHOP SALE \$5  
NOVEMBER 19 KARAOKE 1:30  
NOVEMBER 20 TRAVELING CHEF  
NOVEMBER 20 LOSS IN TRANSITION 10:00 A.M.  
NOVEMBER 21 EVOLUTION OF A FUNERAL 10:30 A.M.  
NOVEMBER 21 MCTV 11:00 A.M.  
NOVEMBER 22 HEALTH TALKS 10 A.M.  
NOVEMBER 22 BOARD GAMES DAY 10:00 A.M.  
NOVEMBER 25 45'S 12:30 P.M.  
NOVEMBER 26 COLOR DAY FALL YELLOW  
NOVEMBER 26 TOMMY RULL 1:00 P.M.  
NOVEMBER 27 CLOSED AT 1230 P.M.  
NOVEMBER 28 CLOSED - THANKSGIVING DAY  
NOVEMBER 29 CLOSED

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

- Adopt A Grandparent meets every Wednesday at 2:30pm
- Ambassador Coffee Hour held the Second Tuesday of the Month at 10am. November 12
- Beginners 45s meets every Tuesday at 1pm
- Dialogue with the Director meets the 3rd Friday of the month at 10am. November 15
- Happy Hearts meets every Thursday at 1pm
- Kindness Rocks meets the 1st and 3rd Friday of the Month at 10:00am. November 1 & 15
- Loss & Transition Bereavement Group meets the 3rd Wednesday at 10am. November 20

### Visiting Office Hours with your Public Officials

Rep. Estella Reyes – November 8, 10-12noon  
Rep. Ryan Hamilton November 1 & 15, 10am – 12noon  
Senator Pavel Payano – November 6, 10am-12noon  
Methuen Acting Mayor, DJ Beauregard – November 6, 12noon

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

### 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.

## 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.**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>8:30-9:15 Aeroflex &amp; Weights with Pat ~ 8:30—11:30 SHINE (Serving Health Insurance Needs of Everyone) For an in-person appt. call 978-983-8825 ~ 9:30-10:15 Gentle Yoga with Pat ~ 1-3:00 Mahjong</p>	<p>8:45-9:30 Cardio Aerobics &amp; Weights with Val ~ 9:00-11:30 Ceramics ~ 9:00-11:00 Blood Pressure Clinic ~ 9:30-10:15 Line Dancing with Val ~ 12:30-3:00 Ceramics ~ 12:30-1:15 Tai Chi ~ 1:00 Beginner 45's ~ 1:00-3:00 Dominoes</p>	<p>8:30-9:15 Balance, Bones &amp; Brain with Brian ~ 9:00-11:00 Quilting ~ 9:30-10:15 Balance, Bones &amp; Brain with Brian ~ 10:30-11:15 Zumba ~ 10:00-12:00 Painting ~ 1:00-3:00 Painting ~ 2:30 -3:45 Adopt A Grandparent</p>	<p>8:30-9:15 Gentle Yoga with Pat ~ 9:00-11:00 Blood Pressure Clinic ~ 9:30-10:15 Aeroflex &amp; Weights with Pat ~ 1:00-3:00 Bridge Group ~ 1:00-3:00 Happy Hearts Chorus</p>	<p>8:30-9:15 Yoga with Joan ~ 9:00-11:00 Quilting Circle ~ 9:30-10:15 Yoga with Joan ~ 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, November 19, 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](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 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

- November 13 - Mohegan Sun Casino Trip. \$55. 7am - **Cancelled**
- 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

## 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:*

**Frances Shibel \$174.80**  
**Diane Shanahan \$104.88**  
**Carol Rourke \$69.92**

*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.*

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!

## Book Club with Maureen Sharrock

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

**November 6, 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.

## KARAOKE with DON RICCIO

**Tuesday November 19 at 1:30**

Come sing your heart out with new & old friends!

## 45's Tournaments

Come Play 45's!  
All are welcome!

**Monday, November 25 at 12:30 p.m.**

\$3.00 to play

September 23 winners: Bob Mahoney & Doris Giles-  
2nd Place Susan Skaff & Jim Dionne

**Join Yvonne Paplaskas & Elaine Anderson on November 1 & 15 at 10:00am for a great time painting kindness rocks.**

**Rocks, paint, and a fun time supplied!**

## MEDICARE 101

**Friday November 1, 2024 @ 10am**

2025 Medicare Changes and the Potential Impacts to Your Plan

There are a number changes in Medicare coverage taking place beginning in 2025. These changes include a \$2,000 Maximum-Out-Of-Pocket (MOOP) for prescription drug plans, effectively eliminating the coverage gap (commonly known as the donut hole). This change among others will likely have an impact on many plans. Join Independent Medicare Plan Advisor, Andrew Firmin for an interactive discussion on the changes, the potential impacts to coverage and the resources available to you.

## 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**

## ENTERTAINMENT



### JON WATERMAN

## VETERANS SHOW



**Tuesday November 12, 2024  
at 2pm**

We are excited to welcome back Jon Waterman for his powerful one-man show honoring our veterans. Through storytelling, music, and heartfelt performances, Jon captures the spirit and sacrifices of those who have served. This moving tribute is a must-see, offering a meaningful way to reflect on and appreciate the bravery of our veterans. Don't miss this special performance!

## Tommy Rull

**Tuesday November 26 at 1pm**

Come for lunch and stay for a show. Dance, Sing, Enjoy a show with new & old friends!

## PHOTOGRAPHY SESSION

### SENIOR PICTURE DAY

with Nancy Reardon

**Wednesday November 6, 2024 @ 11am**

Remember school picture day? Now it's your turn! Join us for Senior Picture Day and strike a pose—whether you're dressing up or keeping it casual, it's all about capturing you! Photos will make great keepsakes for yourself or the perfect holiday gift for your loved ones.

Bring your best smile and enjoy a fun, relaxed experience that will turn your special moments into timeless memories!

\$12 per person

## CONGRATULATIONS

### Congratulations to Our Very Own Artist!



We are thrilled to announce that the crosswalk right outside the Senior Center has been beautifully transformed with vibrant artwork, thanks to our talented Activity Coordinator, Jennifer Loiselle! Jennifer's creativity and dedication have brought this special project to life, adding color and charm to the street right next to our center. Congratulations, Jennifer, on this amazing achievement, and thank you for all that you do for our community and our seniors. We are so happy to have you on our team!

## SAVE THE DATES

Is it Normal Aging or Memory Loss? December 6  
Day Trip Nashville Christmas December 11  
December Open House & Happy Hearts Show  
December 12  
AgeSpan 101 December 16  
Traveling Chef December 16  
Adopt A Grandparent Holiday Party December 18

**Big Thanks...** to all who contributed to the services and programming in October including: the Methuen Fire Department for the delicious spaghetti supper, Attorney Peter McQuillan for hosting free legal consultations, the Gemstones for a Fun Performance ,KevTech Services for teaching us how to use our devices, the COA for hosting a Fun Welcome Back Event, Jeanne Perrault for Sound Meditation, MCTV for hosting a Camera Basics Class, Thomas Spittleire for the Ghost Talks presentation, MPD Drone unit for the demonstration, all of the participating vendors who sponsored Trunk or Treat 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.

## EXTENDED TOURS 2025

### COLLETTE TOURS

Wednesday November 6, 2024 @ 1pm

Explore the World in 2025  
with Collette Tours!

Join us for an exciting info session to discover Collette's extended travel tours for 2025. Imagine worry-free adventures to breathtaking destinations across the globe—from Europe's castles to Africa's wilds. Learn about luxurious accommodations, stress-free itineraries, and where you could be traveling care-free next year. Get ready to make 2025 your year of adventure! Don't miss out—join us and start planning your next journey!

## INFORMATIONAL SESSION

### METHUEN MEMORIALS

Thursday November 7, 2024 @ 10am

Join us for an informative session with Methuen Cemetery Memorials to learn about the wide range of memorial options available to honor your loved ones. This session will cover everything from headstones and markers to personalized memorial designs, providing guidance on making meaningful choices. Whether you're planning ahead or exploring options for a family member, this session offers valuable insights and answers to all your questions.

## TRIBUTE TO MAYOR PERRY



We invite you to join us in fulfilling our Mayor's vision as we celebrate his legacy. Please take part in our Grateful and Thankful event **on Friday, November 8, at 10am.** This will be a time for reflection and appreciation for all we have here at the Senior Center. Together, let's honor his contributions and express our gratitude for the community we cherish.

## INFORMATIONAL SESSION

### Monthly Housing/Rehab Tours

November 14 @ 1030 for Brightview Residence

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

**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.

## ATTENTION PARTICIPANTS! WINTER WEATHER INSTRUCTIONS

If Methuen schools are closed due to inclement weather, the Center is CLOSED. Look for postings on the TV or the internet.

Methuen's website is:  
[www.cityofmethuen.net](http://www.cityofmethuen.net)



If schools are not closed, but it has begun snowing in the early hours and the storm is due to continue throughout the morning, please call the Center (978-983-8825) to find out if we are open for activities and classes. Because of plowing issues, we often have to cancel the early morning class because we cannot guarantee that the parking lot will be plowed in time.

*Please be sure you have the Center's phone number 978-983-8825 so that you can call if there is any question. A MESSAGE WILL BE POSTED ON THE ANSWERING MACHINE AT 7:00AM. Our main concern is for your safety! THANK YOU FOR YOUR COOPERATION*

## INFORMATIONAL SESSION

### Methuen's Founding Millionaires

Thursday November 14, 2024  
@ 10 am

Beverly Brown, a dedicated member of the Methuen Historical Society, will present an engaging talk on the founding millionaires of Methuen. She will explore the lives, fortunes, and lasting impact of these influential figures who played a pivotal role in shaping the town's history. From their rise to wealth to their contributions to the community, this presentation offers a unique glimpse into Methuen's past and the legacies that still resonate today.



## INFORMATIONAL SESSION

### MEDICARE 101 WITH BLUE CROSS BLUE SHIELD

Tuesday November 12, 2024 at 10:30 am

Planning for Medicare-Countdown to 65 is a no-cost seminar that helps you understand your Medicare health insurance options outside of your employer-sponsored coverage, whether or not you're planning to retire.

Topics to include: Medicare Parts A & B, Medigap Plans, Medicare Drug Plans, & More!

## EDUCATIONAL ENTERTAINMENT

### TRIVIA AND TUNES

with Vin Pescatore

Wednesday November 13, 2024  
@ 10:30 am

Join us for a fun-filled morning of Trivia and Tunes with Vin! Test your knowledge with exciting trivia questions and enjoy classic hits as Vin mixes in music for a lively, interactive experience. Whether you're a trivia buff, a music lover, or just looking for a good time, this event promises plenty of laughs and entertainment. Bring your friends and enjoy a morning of friendly competition and great tunes!

## 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 November 15, 2024 @ 10am

## 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

### HEALTH TALKS WITH DONALD MARCUS, DVM

**Friday November 22, 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

### **Color Spirit Days**

Wear the color of the month - make your outfit as colorful as possible  
- **FALL YELLOW**

**November 26, 2024**

## INFORMATIONAL SESSION

### THE HISTORY AND EVOLUTION OF THE AMERICAN FUNERAL

**THURSDAY NOVEMBER 21, 2024 @ 10:30AM**

Where we began, where we are, and where we may be headed. Presentation by Richard Dewhirst, a third generation funeral director, educator and planning advocate.

## TRAVELING CHEF

### TRAVELING CHEF

**Wednesday November 20, 2024**

*Lunch Served at 11:30am*

Join us for a delicious fall meal with friends, old and new.

Chicken Pot Pie  
Apple Salad  
Roll  
Apple Pie  
& Juice

Register Today. Space is Limited.  
\$2 Per Person

## INFORMATIONAL SESSION

### Health Management Workshop Hosted by Cedarview

**Monday November 18, 2024 at 10am**

A Cedarview Dietician will host a Basic 101 Health Workshop discussing topics such as healthy eating, food shopping, & exercising. Join us for a fun informative conversation!