

DECEMBER 2024 NEWSLETTER

Celebrating 40 Years of Community Excellence



LETTER FROM OUR DIRECTOR

On behalf of all of us at the Methuen Senior Activity Center, we wish you a very happy and healthy holiday season! I love this time of year as it is a time to reflect and be grateful for the things that matter most. We are so thankful for our Center, staff, volunteers, and participants who make this place feel like home. It is our talented team, our devoted volunteers, and our wonderful members that create the welcoming, inclusive, and warm atmosphere that makes our Center "A Home Away From Home."

We hope to see you this holiday season and look forward to celebrating together! Be sure to save the date for our annual Holiday Open House on December 12th and the Happy Hearts Chorus Performance on December 22nd at Music Organ Hall. It's going to be a season filled with joy, music, and festive cheer!

We want to remind everyone that the City's Special Election is scheduled for December 10th to elect our next Mayor. We encourage you to make your voice heard and help choose the leader who will guide our city forward.

Looking ahead to 2025, we invite you to think about your "wish list" for the upcoming year. What would you like to see at the Center in 2025? Are there programs or services you'd like to see offered? How can we make the Center even better? Please share your ideas with me or join me for an upcoming "Meet the Director" event, held the third Friday of each month.

To ring in the New Year, we're planning a special New Year's Dance on 1/9/25. Get ready to sparkle and dance the afternoon away with us!

Please also note our holiday schedule:

- December 24: Closed in observance of Christmas Eve
- December 25: Closed in observance of Christmas Day
- December 31: Closed at 12:30 p.m. for New Year's Eve
- January 1: Closed for New Year's Day

We're excited about what 2025 has in store and look forward to celebrating with you. As we head into the new year, we hope you'll become more involved in our Center—whether through volunteering, participating, or reaching out for support. And here's a challenge for you: Bring someone new into the Center this year! Let's grow our senior center community together.

Warmest wishes for a joyful holiday season and a bright New Year ahead.

Ashley Shaheen

Council on Aging Director

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Methuen Senior Activity Center

77 Lowell Street
Methuen, MA
01844

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

978-983-8825



[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.

**Maribet Torres,
Confidential Secretary
3 Years**



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

I worked in the finance department at Genesis Healthcare Corp for 21+ years. As part of the finance team, we were responsible for managing the finances of multiple nursing facilities throughout New England. Within those years I had the opportunity to visit many of those nursing homes and meet the incredible senior residents. During the COVID 19 pandemic I worked remotely from home until the staff was reduced and eventually my position was eliminated. After a few months of unemployment, I saw an opportunity of being around the senior community again. I applied for my current position, confidential secretary, which I enjoy very much.

2. What do you enjoy most about your job?

Foremost I enjoy the people, the smiles they bring, the stories they share and my day-to-day duties. I enjoy the people I meet and the team that I work with. Watching the energy that our seniors bring to their exercise classes is contagious and I love it! I also have so much fun sharing my passion for decorating the center in the different seasons and holidays.

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

I wish that people knew how much fun they can have when coming to the Senior Center. There is an activity for everyone so you will not be bored. You can have fun while exercising with friends, enjoying a nice cup of coffee or tea all while meeting new people and spending time with old friends. The Senior Center offers many education programs, crafts, painting, quilting, and so much more. Our events are the "BEST". Stop by for a monthly newsletter and check out all the nice activities and programs we offer.

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

Building memories with my family and friends is what I enjoy the most. Every month there is a celebration such as a birthday, summer cookout, holiday or just time hanging out with one another. I am currently a grandma, "ABUELA" in Spanish. Now I spend as much time with my grandson, Isaiah, who lives at the Cape. Building memories is important to me and it is a lot of fun.

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, Randi Mayfield, Regina
McCarthy, Josephine McDougall, Yvonne
Paplaskas, Don Riccio, Cheryl Sirois, Peggy Trudel

Ex Officio Members: Jennifer Loiselle, Sue Riccio

INSPIRATIONAL QUOTE

"No winter lasts forever; no spring skips its turn"
- Hal Borland

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.

Give the
Gift
of a Lift



Seniors need help
with Transportation.
Please consider
volunteering to drive.

Northern Essex Elder Transport, Inc. (NEET) is a non
profit providing non-emergency medical transportation
for seniors using volunteer drivers.

Visit www.driveforneet.org or call Ginny at 978-388-7474

*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

We regret that all SHINE counselors are booked for the season, and the Regional Office is currently unable to manage any additional calls as we work to manage the current volume.

You are encouraged to call 1-800-MEDICARE with any Medicare Insurance Inquiries. Medicare representatives are available 24/7 and can assist with comparing plans and enrollments.

SHINE is available all year. If someone finds themselves in a plan that isn't in their best interest after the first of the year, SHINE will always do what they can to assist.

For all who are currently enrolled in a Medicare Advantage Plan (Part C, HMO/PPO)*, Medicare Open Enrollment extends through Jan, Feb & March. Changes can be made during that time, and they can call SHINE after Jan 1.

For ALL Insurance Inquiries, please contact
1-800-MEDICARE

SUPPORT GROUPS

LOSS & TRANSITION BEREAVEMENT SUPPORT

December 18, 2024 at 10am

*For information, call Jacquie Marchand,
bereavement coordinator 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.

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 ~ 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 & 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 & Brain with Brian ~ 9:00-11:00 Quilting ~ 9:30-10:15 Balance, Bones & 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 & Weights with Pat ~ 1:00-3:00 Bridge Group ~ 1:00-3:00 Happy Hearts Chorus ~ 1:00 Whist</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>

Please bring a change of Indoor Shoes to Workout Classes & the Gym

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 in our Thrift Shop open 9am-3pm

Tucked away like a well-kept secret, our Thrift Shop is the go-to destination for savvy shoppers looking to uncover hidden gems.

The Thrift Shop will open a Holiday Shop from 11/25 - 12/24 from 9-3pm

**Tuesday, December 17, 2024 Fill -A-Bag for \$5.00 (Does not include Holiday Shop)*

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

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.

DECEMBER 2 12SO 45'S
DECEMBER 3 10 AM CEDARVIEW
INFORMATIONAL
DECEMBER 3 1:30PM KARAOKE
DECEMBER 4 BOOK CLUB
DECEMBER 5 10AM THE TALK
DECEMBER 6 10:30 AM IS IT NORMAL AGING
OR MEMORY LOSS WITH SARAH TURCOTT
FROM BRIDGES
DECEMBER 6 10 A.M. KINDNESS, ROCKS
DECEMBER 9 1 PM BINGO WITH PAVEL PAYANO
DECEMBER 10 12NOON SEWING GUILD
DECEMBER 10 ELECTION DAY
DECEMBER 11 9-11AM ATTORNEY MCQUILLAN
OFFICE HOURS
DECEMBER 12 UNVEIL 'RUBY RED TREE'
DECEMBER 12 HOLIDAY OPEN HOUSE
DECEMBER 13 10AM WINTER FILM SERIES
DECEMBER 16 - 20 HOLIDAY SPIRIT WEEK
DECEMBER 16 10AM AGESPAÑ 101
DECEMBER 16 11:30AM TRAVELING CHEF MEAL

DECEMBER 17 HOLIDAY CARD MAKING
DECEMBER 17 9-3PM \$5 THRIFT SHOP SALE
DECEMBER 18 10AM LOST IN TRANSITION
DECEMBER 18 2:30-3:30PM AAG HOLIDAY PARTY
DECEMBER 19 10:30AM MASSACHUSETTS
SENIOR MEDICARE PROGRAM PRESENTATION
WITH JACKIE STERN
DECEMBER 19 10AM COFFEE HOUR
DECEMBER 20 10AM KINDNESS ROCKS
DECEMBER 20 10AM DIALOGUE WITH A
DIRECTOR
DECEMBER 20 SHOW OFF YOUR HOLIDAY
SWEATER
DECEMBER 23 1PM BINGO SPONSORED BY
CEDARVIEW
DECEMBER 24- 25 CLOSED
DECEMBER 27 10AM GAMES DAY
DECEMBER 30 12:30PM 45'S
DECEMBER 31 CLOSED AT 12:30PM

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

Visiting Office Hours with your Public Officials

Rep. Estella Reyes – December 6, 10-12noon
Rep. Ryan Hamilton December 6 & 20, 10am – 12noon
Senator Pavel Payano – December 4, 10am-12noon
Methuen Acting Mayor, DJ Beauregard – December 4,
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.

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!

BINGO WITH YOUR SENATOR

Bingo with your Senator Pavel Payano

December 9, 2024 @ 1pm

Join us for five or six lively games, with snacks, refreshments, and fantastic prizes provided by the senator's office.

There will be Special Guests and Raffle Prizes as well!

Stay tuned for details and mark your calendars for this exciting event!

BOOK CLUB

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

December 4, 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.

INFORMATIONAL SESSION

Is it Normal Aging or Memory Loss? with Sarah Turcotte from Bridges Friday December 6, 2024 @ 10:30am

Differentiating between memory loss that is a natural part of aging and memory loss that is associated with early-stage dementia can be difficult for anyone. In this special presentation, we will give tips and provide insight on recognizing the most common signs of early-onset dementia in the hope that more people can identify the symptoms, and the disease can be diagnosed and treated as early as possible.

THE TALK

Thursday December 5, 2024 @ 10am

Join The Talk, a welcoming and inclusive group where everyone is invited to share their thoughts, discuss current events, or talk about anything on their mind. It's a space for open conversation, lively debate, and meaningful connections. Come join the discussion and be part of a supportive and engaging community!

KARAOKE with DON RICCIO

Tuesday December 3, 2024 at 1:30

Come sing your heart out with new & old friends!

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.

HOLIDAY OPEN HOUSE

HOLIDAY OPEN HOUSE CELEBRATION

Thursday December 12, 2024

- **9-3pm** Jewelry Sale
- **10am** Coffee Hour &
40th Year Ruby Red Tree Unveil
- **1pm** Happy Hearts Show

*Raffle Station in Lobby with all proceeds going towards the newly established Rennee and Elaine Morisette Scholarship

We invite all members, old and new, to our festive Holiday Open House! It's a wonderful way to explore the center and see all that we have to offer. Enjoy a performance from our

Happy Hearts don't miss the beautiful jewelry sale and class displays showcasing creations from our talented class participants.

Be sure to see our 40th Year Ruby Red Tree, which will be unveiled during our coffee hour at 10:00 a.m. We look forward to celebrating the season together!

45's TOURNAMENTS

Come Play 45's!
All are welcome!

Monday, December 9th & 30th @ 12:30 p.m.

\$3.00 to play

October 7th winners: Frank Lombardi & Frank Watson - 2nd Bob Bluemel & Claudet Darrillo

October 28th winners: Joanne Rader & Carol Tudisco - 2nd Roland Ahles & Anne Turner

TRAVELING CHEF

Holiday Traveling Chef Meal

Monday December 16 at 11:30am

**Turkey, Roast Beef
Gravy & Au jus
Mashed Potato,
Butternut squash, Green beans,
Gingerbread
Snowflake Roll
Juice**

**Enjoy a Delicious meal, music, and good
conversation with friends!**

ADOPT A GRANDPARENT

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

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.

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 at the Senior Center and on them throughout the trip.**

DAY TRIPS

- December 11 - Nashville Christmas at Danversport Yacht Club. \$ 117. 10:45am. Trip is Full.

EXTENDED TOUR TRIPS

Oct 5-12, 2025 - Discover Americas Music Cities. Sheraton New Orleans, New Orleans, Louisiana, The Inn at Ole Miss, Oxford, MS, The Guest House at Graceland, Memphis, Tennessee, Gaylord Opryland Resort, Nashville, Tennessee. \$4,599pp

March 5-13, 2026 - San Jose, Coffee Plantation, Arenal Volcano, Cano Negro Refuge, Lake Arenal Cruise, Farm Tour and Lunch, Monteverde Cloud Forest, Choice on Tour: Monteverde Hanging Bridges or Canopy Adventure, Guanacaste. \$3,499pp

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 October 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.*

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



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

SPIRIT WEEK

HOLIDAY SPIRIT WEEK

Join us for our festive Holiday Spirit Week! It's the perfect time to get involved, enjoy themed activities, and spread some holiday cheer around the center. Don't miss out on the fun—let's celebrate the season together!

Monday 12/16 - 11:30am Traveling Chef Holiday Luncheon

Tuesday 12/17 - All Day - Holiday Card Making

Wednesday 12/18 - 2:30-3:30pm - Cozy Winter Holiday Party

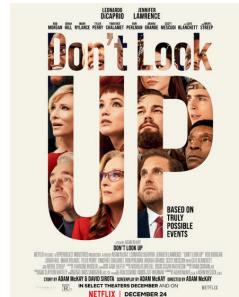
Thursday 12/19 - 10am - Holiday Coffee Hour

Friday 12/20 - All Day - Crazy Holiday Sweater Day

WINTER MOVIE SERIES

Don't Look Up

Friday December 13, 2024 @ 10am



Two low-level astronomers must go on a giant media tour to warn humankind of an approaching comet that will destroy planet Earth.

EDUCATIONAL ENTERTAINMENT

AgeSpan 101

Monday December 16, 2024 @ 10am

Curious about the services and resources available to support seniors and their families? Join us for an Agespan 101 informational session! Learn about the wide range of programs offered, from wellness and nutrition to housing and caregiver support. This session is a great opportunity to get your questions answered and discover how Agespan can help enhance your quality of life. Don't miss out—come see how these valuable resources can benefit you or your loved ones!

INFORMATIONAL SESSION

MASSACHUSETTS SENIOR MEDICARE PROGRAM

Thursday December 19, 2024
@ 10:30 am

The Massachusetts Senior Medicare Patrol (SMP) Program is part of a national initiative with a mission to reach, educate and counsel Medicare and Medicaid beneficiaries, family members, and caregivers on preventing, detecting, and reporting healthcare errors, fraud, and abuse. The MA SMP Program works in partnership with governmental, non-governmental, Statewide, and local agencies, community-based and grassroots organizations, and a corps of dedicated and trained volunteers to activate consumers to become better engaged in their healthcare.

FAREWELL RAYMOND DESPRES

I'm writing to share some news: our custodian, Raymond Despres, has decided to explore new ventures, and his last day with us will be December 15. For the past 12 years, Raymond has been an integral part of our organization, serving as the sole member of our maintenance team and helping to care for our 18,000 square foot Senior Center. On a personal note, I want to express my deep appreciation for

Raymond and the invaluable role he played during my transition into the director role. His extensive knowledge of the building and his dedication to keeping the center in top shape made a world of difference, and I'm so grateful to have had the opportunity to work with him.

Beyond his skills and hard work, Raymond is known for his upbeat, fun personality that always brightens our day. He has a unique ability to lift the atmosphere of the center with his friendly demeanor, and his contributions have gone far beyond maintaining the space. We've all appreciated his warmth and willingness to pitch in whenever needed. Though we will miss him greatly, we're hopeful that he'll still drop by from time to time to visit us and check out the programs. To celebrate his time with us and wish him well, we'll be holding a Fond Farewell on Friday, December 15 at 10:00 a.m. in the lobby. Please join us to show Raymond your appreciation and bid him a warm goodbye!

Thank you, Raymond, for everything you've done for our center over the years. We wish you all the best in your future endeavors.

Warm regards,
Ashley Shaheen
Council on Aging Director

INFORMATIONAL SESSION

GAMES DAY

FRIDAY DECEMBER 27, 2024 @ 10:30AM

Come and have some fun at our Board Games Day! Bring your competitive spirit and enjoy classic games with friends old and new. It's a great way to relax, laugh, and connect—don't miss out!

ENTERTAINMENT

The Happy Hearts Chorus Hosts Two Special Events in December!

1. The Happy Hearts Chorus welcomes St. Monica's Community Chorus on Thursday, December 12 at 1:00 PM for a Holiday concert. Join us for this Holiday Tradition at the Methuen Senior Activity Center, a day full of fun and music.
2. Sunday, December 22 at 1:00 PM, join the Happy Hearts Chorus at the Methuen Music Hall for a Holiday Celebration.

Featuring guest singers, Lori McLaughlin, Brendan and Janessa Murphy, James Garrity, Santa Claus the Grinch, and St. Monica's Community Chorus with a very special ending to this beautiful event. We wish to thank Richard Payeur, owner of Payeur Silk Flowers for all he has done to bring this wonderful event to the Methuen Music Hall!

Both programs are free and open to the General Public

Color Sprint Days

Wear the color of the month - make your outfit as colorfilled as possible - **Winter Blue**
December 23, 2024

The new application for next year's Senior Tax Work Off Program will be available after December 1. For more information, please contact Sandy Almonte,

ADA/DEI Coordinator for the
City of Methuen at 978-983-8564.