

JANUARY 2025 NEWSLETTER

Celebrating 40 Years of Community Excellence



LETTER FROM OUR DIRECTOR

The New Year always begins with resolutions—goals for growth, learning, creativity, and building meaningful connections. At our center, you can explore all of these! You can learn something new through our art classes, develop strength with our fitness programs offered five days a week or utilizing the gym, join our Happy Hearts Chorus, or make new connections through our lunch program and social events.

This New Year, we are excited to announce the following:

1. Senior Center Modernization: Thanks to SIG funding, we've been awarded \$5,000 for improvements at the Senior Center. This will go toward outfitting our auditorium with an assisted listening system. If you have difficulty hearing during presentations, entertainment, or other events, please request a headset to enhance your experience.
2. \$25,000 State Earmark: Thanks to the advocacy of our state legislators, specifically Representative Estella Reyes, we have received a \$25,000 earmark for general operations at the Senior Center. This funding will directly benefit you, our participants.
3. Additional Support Services: Through the City's partnership with Frontline and the Police Department, we are introducing additional support services with appointments available to meet with behavioral health experts on-site at the Senior Center. If you are struggling, feeling seasonal blues, or experiencing hardships, please call to schedule a confidential one-on-one appointment.
4. The Renee and Elaine Morisette Scholarship Fund: The Board of Trustees has launched a scholarship fund in honor of Elaine and Renee Morisette, the founders of our Senior Center. Please see page 12 for more information.
5. Extended Evening Programs: Due to the success of our Sunset Seminar Series last fall, we are re-launching our extended evening programs. Beginning March 6 through May 1, the center will be open until 7 p.m. on Thursdays. In addition to the Sunset Seminar Series, we are introducing a new program called Superheroes and Seniors – A Joyful Connection. This initiative will pair older adults with children to build meaningful connections through activities like game nights, bingo, crafts, reading groups, and more!

The New Year is also a great time to make sure your contact and emergency information is up to date. Next time you're at the Senior Center, please stop by the front desk to verify your information. Our team members are happy to assist you! Additionally, our volunteers have been invited to lunch and Learn training on January 23, 2025, which is also an opportunity to update your information and meet other volunteers who are part of our center.

Happy New Year from all of us at the Senior Center!

Ashley Shaheen
Council on Aging Director

What's Inside

- 02 Staff/Board
- 03 Resource Page
- 04 Exercise Calendar
- 05 Activity Calendar
- 6-7 Program Information
- 08 Travel with Us
- 09-12 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
on
Facebook

[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.

**Jennifer Loiselle,
Activity Coordinator
2 Years**



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

"I earned my Bachelor's degree from UMASS Amherst, where I also worked as a Resident Assistant to help support myself through college. That experience taught me the importance of community and strengthened my drive to give back. With a background in the arts and a passion for teaching, I began my career as an Activity Coordinator for a busy After School Program while also teaching art to seniors. Working with seniors quickly became a true joy for me—it felt like a calling. After the birth of my son, I was thrilled when the opportunity arose to join the Methuen Senior Activity Center as the new Activity Coordinator. It's been an incredible privilege to combine my skills and passion to serve the community I love."

2. What do you enjoy most about your job?

"What I love most about my job is the opportunity to connect with our seniors and create experiences that bring them joy and purpose. My role allows me to use my creativity to plan activities, events, and trips tailored to their interests and needs. It's deeply fulfilling to see them laughing, making new friends, and reconnecting with old ones. I feel truly blessed to be part of a team that helps create a welcoming space where our seniors can thrive. Giving back to this incredible community is more than just a job—it's my passion."

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

"I wish more people knew how vibrant and inclusive our Senior Center is! We are open to all elders, regardless of where they live, and there are no membership fees. We offer diverse programs, exciting trips, and an array of resources to support our seniors' physical, mental, and social well-being. This center is truly a place where seniors can come together, enjoy life, and feel at home. I'm honored to work in a community that values its elder population so deeply."

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

"Outside of work, my family is my top priority—they inspire everything I do. I'm also an artist and art advocate, passionate about spreading joy and connection through creativity. Whether I'm volunteering, teaching, or working on my own projects, I find immense happiness in sharing the transformative power of art. Balancing my love for family and my dedication to giving back through art is what makes my life so fulfilling."

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

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

"What the new year brings to you will depend a great deal on what you bring to the new year."
- Vern McLellan

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.

A New Year, a New Opportunity to Volunteer

Get Involved! Make a difference!

Volunteer to drive seniors in your community.
You decide when and where to drive.
Mileage reimbursement provided.



Call NEET at 978-388-7474 or visit
www.driveforneet.org to learn more.

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.

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.

Our SHINE counselor will be available for Virtual Appointments on Mondays starting January 1st. Appointments are limited - please call to schedule your appointment today at 978-983-8825.

SUPPORT GROUPS

LOSS & TRANSITION BEREAVEMENT SUPPORT

January 15, 2025 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 ~ 9:30-10:15 Gentle Yoga with Pat ~ 10:00-12:00 Painting ~ 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 ~ 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.

**Tuesday, January 21, 2025 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

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.

JANUARY 1 CLOSED FOR HOLIDAY
JANUARY 2 10 A.M. THE TALK.
JANUARY 3 10 A.M. KINDNESS, ROCKS
JANUARY 6 1:00 P.M. BINGO.
JANUARY 7 9-12 OPEN ART.
JANUARY 8 1P.M. BOOK CLUB
JANUARY 8 NO ADOPT A GRANDPARENT
JANUARY 9 CHEERS TO NEW YEAR'S GALA
JANUARY 13 12:30 P.M. 45'S
JANUARY 14 10:00 A.M. AMBASSADOR COFFEE HOUR.
JANUARY 14 12:00 P.M SEWING GUILD
JANUARY 15 10:00 A.M. LOSS & TRANSITION
JANUARY 15 11:30 TRAVELING CHEF \$2 - REGISTRATION REQUIRED
JANUARY 15 ADOPT A GRANDPARENT
JANUARY 16 MOVIE @ 1PM
JANUARY 17 10:00 A.M. KINDNESS ROCKS

JANUARY 17 10:00 A.M. DIALOGUE WITH DIRECTOR
JANUARY 20 CLOSED FOR HOLIDAY
JANUARY 21 THRIFT SHOP BAG SALE.
JANUARY 21 1:30P.M KARAOKE
JANUARY 21 9-11A.M. MOBILE MARKET
JANUARY 22 12:30-2:15 P.M. BINGO
JANUARY 22 ADOPT A GRANDPARENT
JANUARY 23 10:00 A.M. THE TALK.
JANUARY 23 12-1 VOLUNTEER APPRECIATION LUNCH AND LEARN
JANUARY 24 10:30 A.M. GAMES DAY
JANUARY 27 12:30 45S
JANUARY 28 COLOR DAYS WHITE
JANUARY 29 2:30 P.M. ADOPT A GRANDPARENT
JANUARY 29 4- 7 P.M. UTILITY PROGRAM
JANUARY 30 10:30 A.M. CRAFT CLASS

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 – January 3, 10-12noon
Rep. Ryan Hamilton January 3 & 17, 10am – 12noon
Senator Pavel Payano – January 8, 10am-12noon
Mayor DJ Beauregard – January 8, 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!

OPEN ART SESSIONS

Tuesday January 7, 2025 from 9-12pm

Calling all artists! Whether you're painting, drawing, sculpting, crafting, or working in any other medium, Open Art is the perfect space to unleash your creativity. Bring your current project and join us for a relaxed, collaborative environment where artists of all kinds can work, share ideas, and inspire one another.

Why art alone when you can create surrounded by a community of like-minded creators? Stop by, get inspired, and see where your creativity takes you!

What to Bring: Your materials and your imagination!

We can't wait to see what you're working on!

THE TALK

Thursday January 2 & 23, 2025 @ 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!

BOOK CLUB

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

January 8, 2025 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.

NEW BINGO SERIES

Special Wednesday Bingo

*Wednesday January 22, 2025
from 12:15-2:15*

Join us for five or six lively games, with snacks, refreshments, and fantastic prizes provided by Bear Mountain

KARAOKE with DON RICCIO

Tuesday January 21, 2025 at 1:30

Come sing your heart out with new & old friends!

Big Thanks... to all who contributed to the services and programming in December including: Agespan for a Delicious Holiday Meal, the Adopt A Grandparent program for hosting a Wonderful Holiday Party, to the Happy Hearts for putting on several holiday shows throughout Methuen, to the SMP Medicare program for there informational presentation, and to State Representatives Ryan Hamilton, Estella Reyes, State Senator Payano, Newly Elected Mayor 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 the Methuen Senior Activity Center.

NEW YEARS 2025

CHEERS TO THE NEW YEAR 2025 FEATURING DJ JAY DOWD

Thursday January 9, 2025

From 3 PM - 5 PM

Get ready to kick off the New Year with a bang at the Methuen Senior Center's "Cheers to the New Year" celebration! This event promises an afternoon filled with dancing, music, and a whole lot of fun.

Light refreshments will be available to keep you energized as the excitement overflows.

It's the perfect opportunity to reconnect with friends, make new memories, and start the year on a high note. Don't miss out on this exciting gathering—it's going to be a blast! 

**Space is Limited to 150 people.
Registration Required!
Call the Center today at 978-983-8825!**

45's TOURNAMENTS

Come Play 45's!
All are welcome!

Monday, January 13 & 27 @ 12:30 p.m.
\$3.00 to play

November 25 Winners: 1st Pat Barcellona & Jim deschene - 2nd Roland Morin & Shirley Moscuzza

December 2 Winners: 1st Yvonne Meuse & Roland Morin - 2nd Ken Ackroyd & Victor Hidish

TRAVELING CHEF

Traveling Chef Meal

Wednesday January 15, 2025
at 11:30am

Choice of Soup in a BreadBowl
Broccoli and Cheddar or Clam Chowder
Garden Salad with Drssing
Brownie Cookie

Enjoy a Delicious meal for \$2 including music, good conversation, old & new friends!
*Space is Limited to 150 people.
Register Today 978-983-8825*

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**, Join us at anytime!

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

We Will See you Again in 2025!

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 December 2024 winners:

Sandy Seglin \$173.85
Geraldine Goodwin \$104.31
Forrest White \$69.54

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 were received by the Center in honor of
Jack Mahoney*

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

CRAFT CLASS RETURNS

Crafting with Jennifer Returns!

Thursday January 30, 2025 at 10:30am



We're thrilled to bring back Craft Class with our very own Activity Coordinator! This fun and intimate setting is welcoming to all, regardless of ability level. Come learn a craft, share a craft, and leave with something special you made! It's also a wonderful opportunity to meet and chat with Jennifer, our Activity Coordinator. Join us for creativity, connection, and community—you won't want to miss it!

Free Class! Limited Spaces, Register Today at 978-983-8825

WINTER MOVIE SERIES



The Poseidon Adventure

Thursday January 16, 2025 @ 10am

A group of passengers must embark on a harrowing struggle for survival after a rogue wave capsizes their cruise ship at sea.

UTILITY RESOURCE FAIR

National Grid Methuen Customer Assistance Event

Wednesday January 29, 2025 from 4-7pm

Advocates will be on site to help residents explore

- Discount Rates
- Payment Plans
- Budget Billing
- Arrears Management Program

What to Bring:

If you receive SNAP, WIC, MASSHEALTH, SSI bring your benefits card and program acceptance letter.

You may also qualify for our Forgiveness Program

SUGGESTION BOX

WE LOVE TO HEAR FROM YOU!

We're excited to announce our new suggestion box! Your ideas are important to us, and we're thrilled to hear your feedback. We're already reviewing the suggestions we've received and look forward to implementing some of them in the new year. Together, we can continue making the Senior Center a place you love to visit. Don't hesitate to share your thoughts—your voice matters!

CALL FOR INFORMATION

Dear Methuen Senior Citizens,

There is an effort underway to update the city's roadway listing. There are streets listed that no longer exist and need to be identified. As an example: Sanborn Court off Osgood Street was eliminated by the construction of the Merrimack Valley National Bank on the corner of Broadway and Osgood Street.

This was discovered using a 1919 Methuen map. Therefore, we are asking for old maps of the city to help identify streets that existed in the past but are no longer in the city.

Any questions, please contact Mike Welch, 978-618-2279 or mikewelch2@icloud.com.

PATH PROGRAM

The PATH Methuen **Community Response Team** is excited to begin holding office hours at the Methuen Senior Activity Center! The PATH program is a collaboration between the City of Methuen and Front-Line Community Services. PATH provides access to mental health services ranging from Crisis Intervention alongside of Methuen Police Department, our new Community Response Team, and Rapid Outpatient providing access to short-term therapy. The Community response team will be hosting office hours at the Methuen Senior Activity Center. These are hours for anyone who has questions in regard to mental health, is seeking access to resources, or just wants to chat. This is a FREE resource being offered so stop by and say HI!

For more information please call 978-983-8825

Community Response Team Hours:
Tuesdays 12-4pm & Wednesdays 12-3

TAX APPOINTMENTS

Tax Preparation appointments are being taken at the Methuen Senior Activity Center Call the Center for more Information or to Schedule your appointment today. Office 978-983-8825

SCHOLARSHIP INFORMATION

The Board of Trustees of the Methuen Senior Activity Center is pleased to announce the creation of a named scholarship commemorating Rene and Elaine Morissette, founders and longtime leaders of the Center, and their selfless service, community involvement, civic engagement, and dedication to the seniors of Methuen. The Board of Trustees of the Methuen Senior Activity Center will award two (2) \$2500.00 scholarships in 2025 to students who fostered the commitment of the Morissettes and helped realize their vision through active service to the city of Methuen and its constituencies, especially the senior citizens/aging population of Methuen. Information regarding applicant criteria and application process will be available soon.

Color Sprint Days

Wear the color of the month - make your outfit as colorfilled as possible - **White**
Tuesday January 28,2025

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.

INFORMATIONAL SESSION

GAMES DAY

FRIDAY JANUARY 24, 2025 @ 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!

CONGRATULATIONS!!!

Congratulations to the *The Methuen Senior Activity Center* and the entire crew of "What's Up" for winning the Rika Welsh Community Impact Award for 2024!

Given by the Alliance for Community Media, Northeast Region, this award recognizes an individual or group—who have generated a project – that spoke directly to a clearer understanding of the cause being championed. Beginning in 1999, "What's Up" relied on the use of the Methuen Public Access channel to reach Methuen seniors with vital information about programs and resources available to them at the center. The Awards Committee was impressed with the dedication of the hosts and crew, contributing to the longevity of the show and its service to residents of Methuen.



The program also won a Third Place Award in the Nor'easters Video Festival for Best Profile Talk Show. The festival includes entries from all around New England and New York.

