

MAY 2025 NEWSLETTER

Celebrating 40 Years of Community Excellence



From the desk of the Interim Director

Happy May! I have noticed that the trees are beginning to bud as we welcome Spring. Soon the flowers and trees will be busting with beautiful colors along with warmer sunshine. Here at the center, we hope that you can take a moment to enjoy all the beauty that surrounds us. In these fast-paced times we lose track of what the City of Methuen offers. The beautiful falls on Osgood Street, the magnificent Searles walls that surround the campus of Notre Dame Academy, Methuen Music Hall, Searles building that houses the city offices, Tenney Gate House, Grey Court and so much more!

I would also like to take a moment to thank all of you for your prayers, offers of condolences on the passing of my mother. I want you to know that I have read every card, I heard every word. My family and I were taken back with everything from flowers, donations, food but mostly the love you showed all of us. I will say, I am so proud to be part of this wonderful community of Methuen and so proud to be your Interim Director. My door is always open to you!

Join us here at the center where it truly becomes your home away from home. The staff is always willing to help, assist anyway they can. Working closely with city departments, we are able to point you in the right direction! The Senior Center is here for you today, tomorrow, always. Give us a try and we want to hear your feedback!

Next month is Older Americans Month where on the 8th, we will hold our Annual Arts, Crafts and Music Festival. A day you don't want to miss! Jewelry Sale, all the beautiful crafts made throughout the year by our participants, Happy Hearts Concert, Lunch, it is one of my favorite days!

Looking forward to seeing you at YOUR center!
Susan Riccio/ Interim Director

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.

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Methuen Senior Activity Center

**77 Lowell Street
Methuen, MA
01844**

**M-Th 8am -4pm
Friday 8am-12:30 pm**

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

978-983-8825



Follow Us
on
Facebook

<https://www.facebook.com/profile.php?id=61560254214927>

May 2025

MAY OPEN HOUSE



Methuen Senior activity center INVITES YOU to

ARTS, CRAFTS & MUSIC FESTIVAL

COME SEE EVERYTHING THAT THE CENTER HAS TO OFFER

- TOURS THROUGHOUT THE DAY
- COFFEE & DONUTS AT 9AM
- ENJOY THE CLASS DISPLAYS: CERAMICS, PAINTING & MORE
- PERUSE OUR JEWELERY SALE
- HAPPY HEARTS CHORUS PERFORMANCE AT 1PM

LUNCH SERVED AT 11:30AM FOR A MINIMAL CHARGE

- MEATBALL SUBS
- TUNA SUBS
- HOT DOGS
- CHIPS & SODA

FREE ENTRY

THURSDAY MAY 8, 2025 9-3PM

METHUEN ELDER AFFAIRS

Council on Aging Staff

Susan Riccio, *Interim Executive 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
Dr. Donald Marcus, DVM
Alfred D'Agata
Christine Metzemaekers

METHUEN SENIOR ACTIVITY CENTER BOARD OF TRUSTEES

EXECUTIVE COMMITTEE

Genevieve Marks, President
Regina McCarthy, Vice President
Dan DiBurro, Treasurer
Tom Gradzewicz, Clerk
Sue Riccio, *Interim Executive Director*
Donald Marcus, COA Representative
Marilyn Freeman, Trustee Representative
Maureen Sharrock, Chair Council on Aging

TRUSTEES

Ken Ackroyd, Judith Anselmi, Debra Blood,
Linda Bongiorno, Yolande Bourassa, Diane
Corriveau, Al D'Agata, Nancy Donigian,
Evelyn Ebert, Barbara R. Ell, Fran
Gradzewicz, Pauline Hoh, Shirley King,
Gwen Lariviere, Randi Mayfield, Yvonne
Paplaskas, Don Riccio,
Marguerite Trudel

INSPIRATIONAL QUOTE

"The world's favorite season is the spring. All things seem possible in May."
- Edwin Way Teale



METHUEN SENIOR ACTIVITY CENTER

RESOURCE FAIR FOR ELDERS

Tuesday May 20, 2025 from 1-3pm

Looking for helpful resources? We've got you covered!

Join us for an afternoon filled with answers, inspiration, and connection.

- ✓ Over 20 community vendors
- ✓ Information on health, housing & benefits
- ✓ Free giveaways and helpful materials
- ✓ Friendly faces ready to assist you

Whether you're planning for the future or looking for support now, this is your one-stop event for all things senior living and care.

Bring a friend and leave with resources that matter!

For more info, contact **Jennifer Loiselle at the Center.**
978-983-8836

MORE INFO

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 Karen Ferullo

Thursdays
from 11am-2pm



SPRING IS IN THE AIR!

VOLUNTEER!

Get Involved, Make a difference!

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

Call NEET at 978-388-7474 or

Visit www.driveforneet.org/volunteer

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.

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

SHINE NEWS

You may have a Special Enrollment Period (SEP) to make changes to your Medicare plan for a limited time. Most SEPs are limited to specific situations. If you are currently enrolled in a Medicare Advantage Plan (HMO, HMO-POS, PPO) you can change to Original Medicare with a Medigap and a Drug Plan or change to a different Medicare Advantage Plan through the end of March. Also, if your 2024 plan is no longer available in 2025, or if you are eligible for a Medicare Savings Program, you may have a SEP to make a change. Timelines vary for these SEPs so be sure to reach out to SHINE to learn of your options. A SHINE counselor will review your coverage and will help determine if you are qualified to make a change at this time of year.

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. SHINE counselors will also assist to help you understand Medicare and your options.

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

May 21, 2025 at 10am

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

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

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
Please bring a change of Indoor Shoes to Workout Classes & the Gym				
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	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	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 Cardio Drumming ~ 10:00-12:00 Painting ~ 2:30 -3:45 Adopt A Grandparent	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	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

Painting Class Registration is Open. Secure your Spot today!

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

Hours: Mon - Thurs 9-3pm & Fri 9-12pm

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

*Tuesday, May 20, 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

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 ELTERS 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 May 6th from 9-12pm

Calling all artists! Join Art Teacher Lisa Buglione for this Special Open art session as she demonstrates Tole Painting, methods and techniques.

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 May 1 & 15, 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!**

May 7, 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.

TECHNOLOGY CLASSES

KevTech Services

RETURNS TO OUR CENTER!



Back to Basics with iPhone and iPad

Monday, May 5, 2025 @ 1 pm

Space Is Limited!
PreRegistration is Required - Reserve your Spot Today!

Call the Office at 978-983-8825

BINGO

Monday, May 5, 2025 @ 1 pm - Sponsored by Salem Woods

Thursday May 15, 2025 @ 1pm Sponsored by Cedarview

Big Thanks... to all who contributed to the services and programming in April including: Social Security Administartion for Informative Scam Talk. TD Bank for Bank Scams talk, to the Rotary Club and Brightview for Sponsoring our Golden Green Team, to Agespan for the Traveling Chef Meal, to Alan Ames for a hilarious Comedy Show, to Methuen Police for a Fun 45s Tournament, to Attorney Peter McQuillan for Free Legal Consultations; to the Methuen Cultural Council for Granting funds to our Performers allowing for Free Programming; to State Representatives Ryan Hamilton, Estella Reyes, State Senator Pavel Payano, Mayor DJ Beauregard, thank you all for your office hours held at the Senior Center; AND to all of our wonderful volunteers for all that they do daily for the Methuen Senior Activity Center.

JEWELRY CLASSES



45's TOURNAMENTS

Come Play 45's!
All are welcome!

Monday, May 12 @ 12:30 p.m.
\$3.00 to play

March 3rd Winners: 1st Anne Turner & Roland Morin - 2nd John Delmonte & Sally Lambert

March 17th Winners: 1st John Dellmonte & Roland Ahles - 2nd Claudette Parillo & Irene Gallucio

March 31st Winners: 1st James Staples & Ron Bretton - 2nd Carol Tudisco & Pauline Freeman

HOUSING TOUR

Brightview Housing Tour

Wednesday May 7, 2025
Van Leaves Center at 11:30am

Thinking about new housing options? Join us for a guided tour of Giving Tree to explore what's available and get your questions answered! This is a great opportunity to see the community, learn about different living arrangements, and enjoy a free lunch while connecting with others.

INFORMATIONAL SESSION

Heart Caregivers Support Meeting – You're Not Alone Heart

Monday May 12, 2025 @ 10:30am

Are you a caregiver looking for connection, resources, and a little support? Join us for our upcoming Caregivers Support Meeting—a safe, welcoming space where both caregivers and their loved ones are invited to attend together.

There will be time to meet and connect with other caregivers, followed by a short, engaging activity for your loved one, giving you the chance to participate in a Q&A session with staff and peers.

Heart FLIP THE SCRIPT LUNCHEON Heart

Tuesday May 27, 2025 @ 1130 for \$2

Carving station
Choice of Turkey or roast Beef
Choice of gravy & Au jus
Mashed Potato
Butternut squash & Green beans
Chocolate mousse
Snowflake Roll

SPACE IS LIMITED - CALL TODAY TO REGISTER
978-983-8825

INFORMATIONAL SESSION

PROTECT YOURSELF FROM MEDICARE FRAUD

Hosted by SENIOR MEDICARE PATROL

Monday May 19, 2025 @ 11am

Did you know that over 60 billion of our taxpayer dollars are lost to Medicare fraud annually?

Join a representative of the Massachusetts Senior Medicare Patrol (SMP) Program and participate in a discussion on how Medicare beneficiaries are instrumental in preventing, detecting, and reporting Medicare Fraud.

INFORMATIONAL SESSION

2025 Medicare Changes and the Potential Impacts to Your Plan

Tuesday May 13, 2025 @ 1pm

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.

GRANDPARENTS PROM

You're Invited: Adopt-a-Grandparent End-of-Year Prom!

The students and seniors of our beloved Adopt-a-Grandparent Program invite you to celebrate another amazing year of friendship and fun at our End-of-Year Prom! Join us for music, dancing, laughter, and light refreshments as we wrap up a wonderful season of intergenerational connection. **Dress to impress** and get ready to make some unforgettable memories!

 **Wednesday May 14, 2025**

 **3-5 pm**

 Methuen Senior Activity Center
Let's celebrate the joy and bonds built through this special program. All are welcome to join the fun! 

WALKING CLUB

Walking Club with Regina McCarthy Returns!

Spring is here, and it's the perfect time to get moving! Join Regina McCarthy for a refreshing walk along the beautiful Methuen Rail Trail.

 **Tuesdays, May 13 & 27**

 **10:40 AM**

 **Meet at the Railroad Depot Weather permitting**

Stay active, enjoy the fresh air, and connect with fellow walkers. No registration needed—just lace up your sneakers and join the club!

GRIEF WORKSHOP SERIES

WHAT WE GRIEVE

May 13, 2025 at 10 am

The presentation of what we grieve explores the various losses that we experience during our lifespan according to grief counselor, Karen Campbell

"We grieve what we once had but have no more.

We grieve what we could reasonably expect to have had, but did not have. We grieve what others might not understand. We grieve even though we were told time was supposed to heal the wounds. We grieve our losses even as we enjoy other aspects of Our lives."

What we grieve is not a grief support group, but a presentation to help identify the many losses that we experience and our right to grieve all our losses. There will be time for questions

Living with Our Losses

June 10, 2025 at 10 am

Healing Circle Meditation

July 8, 2025 at 10 am

ENTERTAINMENT

Howie Newman



Monday May 19, 2025 @ 1pm

Howie Newman performs classic songs from yesteryear, including standards, show tunes and material from artists like Frank Sinatra, the Beatles, Dean Martin, Elvis Presley, Neil Diamond and many others.

It's a sing-along, toe-tapping musical journey from the early 1900s up through the 1970s. Howie also adds trivia, background stories about the songs and a little G-rated humor here and there.

SCHOLARSHIP INFORMATION

The Golden Green Team

Keeping Our Community & Mother Earth
Clean!

Do you care about the environment and want
to help keep Methuen beautiful? Join our
Senior Center Green Team and become a
Warrior for Methuen's Natural Beauty!

Wednesday May 14 & 28
at 1pm

What We Do:

- ✓ Meet up at local parks for springtime walks & park cleanups
- ✓ Enjoy the fresh air while making a real difference
- ✓ All cleanup supplies provided—just bring your energy & enthusiasm!

Let's work together to clean up the areas where we and our families enjoy spending time.

Let's get out, get active, and make a difference! ☀️

FLOWER PLANTING

Spring into Bloom!

A Flower Pot Planting Day

Hosted by your State Representatives and Senator

• Methuen Senior Activity Center
May 30, 2025 10 AM

Let's make the center bloom together!
Join us for a joyful morning of planting flowers,
connecting with neighbors, and celebrating the
season with our local leaders.

All ages welcome – tools, gloves, and flowers
provided!

Light refreshments served
Photo ops & community spirit guaranteed

GAMES

GAMES DAY

FRIDAY MAY 23RD 2025 @ 10AM

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

Methuen Police Dinner

Tuesday May 13, 2025 from 4-6pm

Join the Methuen Police Department at the Methuen Senior Activity Center for the Annual Policemen's Supper! Enjoy a Free Pasta Dinner, no registration necessary.



ENTERTAINMENT

Methuen Senior Center

DJ VIN

Come Join Us

MUSIC trivia

?

?

?

TRIVIA & TUNES

MAY 29TH 1030 AM

Looking for something fun and different to do with your friends?
Join us on May 29th at 10:30 am for Trivia and Tunes.

Trivia and Tunes combines interesting trivia across a broad variety of categories with musical clues from the likes of Sinatra, Rosemary Clooney, Elvis or the Beatles. The games are a blast.

FUN GAMES - FUN TIMES

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.

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**

DAY TRIPS

- May 20 - Mt Washington Cruise 'Cruisin with the King'. \$151. 10:45am
- June 19 - Ogunquit Playhouse 'Guys & Dolls'. \$161. 9:45am
- July 16 - Charles Riverboat & Cheesecake Factory. \$141. 9am
- August 19 - Danversport Yacht Club 'Roy Orbison Tribute'. \$131. 10:45am
- September 17 - Quabbin Reservoir & Salem Cross Inn. \$131. 8:30am
- October 6 - Winnipesaukee Railroad & Harts Turkey. \$141. 9:45am
- November 12 - Castleton, Windham NH. \$89. 11:30am
- December 9 - Danversport Yacht Club 'Christmas with Carpenters' . \$131. 10:45am

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

December 1-8, 2025 - **Magical Christmas Markets.** Innsbruck, Choice Tour, Seefield, Carriage Ride, Salzburg, St Peters Restaurant, Linderhof Palace, Oberammergau, Munich, Christmas Markets. \$3,799pp

March 5-13, 2026 - **Tropical Costa Rica.** 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

Three Winners each Month!

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

For more information, or to Join the 50/50 club,
visit the office at 77 Lowell Street, Methuen
(Your Donation is Tax Deductible)

50/50 CLUB WINNERS

Congratulations to the March 2025 winners:

Souad Moses \$172.90

Carol Tudisco \$103.74

Claire Boisvert \$69.16

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
Dorothy Johnson

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.**

MAY 1 10 AM THE TALK
MAY 1 10:30 AM JEWELRY CLASS
MAY 1 1-3 PM HAPPY HEARTS
MAY 2 10 AM KINDNESS ROCKS
MAY 5 10 AM KEV TECH TECHNOLOGY CLASSES
BEGIN
MAY 5 1 PM BINGO SPONSORED BY SALEM WOODS
MAY 6 9-12 PM OPEN ART - TOLE PAINTING
MAY 7 10-2 PM LORI TRAHAN OFFICE HOURS
MAY 7 11:30 AM HOUSING TOUR WITH BRIGHTVIEW
MAY 7 1PM BOOK CLUB
MAY 7 NO ADOPT A GRANDPARENT
MAY 8 9-3 PM ARTS, CRAFTS, & MUSIC FESTIVAL &
OPEN HOUSE
MAY 9 10 AM DIRECTOR HOURS
MAY 9 1030AM FILM SERIES - COCOON
MAY 12 10:30 AM CAREGIVER SUPPORT WITH
BRIDGES
MAY 12 12:30 PM 45S TOURNAMENT
MAY 13 10:00 AM GRIEF PRESENTATION WITH
KAREN CAMPBELL
MAY 13 10:40 AM WALKING CLUB - MEET AT
RAILROAD DEPOT
MAY 13 12:00 PM SEWING GUILD
MAY 13 4-6 PM METHUEN POLICE DINNER
MAY 14 3-5 PM ADOPT A GRANDPARENT PROM
MAY 15 10 AM THE TALK
MAY 15 10:30 AM JEWELRY CLASS

MAY 15 1 PM BINGO
MAY 16 10 AM KINDNESS ROCKS
MAY 19 11:00 AM SMP MEDICARE PRESENTATION
MAY 19 1 PM HOWIE NEWMAN SHOW
MAY 20 TRIP
MAY 20 THRIFT SHOP BAG SALE
MAY 20 1-3 PM RESOURCE FAIR
MAY 21 10 AM LOST AND TRANSITION
MAY 21 1 PM GREEN TEAM PARK CLEANUP
MAY 21 2:30 PM ADOPT A GRANDPARENT
MAY 22 10 AM THE TALK
MAY 22 10:30 AM JEWELRY CLASS
MAY 22 1-3 PM HAPPY HEARTS
MAY 23 10 AM DIRECTOR HOURS
MAY 23 10 AM GAME STAY OUTSIDE WEATHER
PERMITTING
MAY 23 10:30 AM FILM SERIES - GRAN TORINO
MAY 27 11:30 AM TRAVELING CHEF - CARVING
STATION - \$2 AT DOOR
MAY 28 2:30 PM ADOPT A GRANDPARENT
MAY 29 10:30 AM JEWELRY CLASS
MAY 29 12:30 PM TRIVIA AND TUNES WITH VIN
PESCATORE
MAY 29 1-3 PM HAPPY HEARTS
MAY 30 10 AM FLOWER PLANTING WITH PAYANO,
HAMILTON, REYES

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.
- Path Program meets Every Monday & Wednesday from 12-3pm.
- Whist meets every Thursday from 1-3

Visiting Office Hours with your Public Officials

Senator Pavel Payano – May 7, 10am-12noon
Mayor DJ Beauregard – May 7, 12noon
Congresswoman Lori Trahan - May 7 10am-2pm
Rep. Estella Reyes – May 2, 10-12noon
Rep. Ryan Hamilton May 2 & 16, 10am – 12noon
By Appt - Veterans Agent Paul Jensen May 15 10-
12pm

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.