



## 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 8<sup>th</sup>, 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  
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Facebook

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

## MAY OPEN HOUSE

## METHUEN ELDER AFFAIRS

Methuen Senior activity center INVITES YOU to

### **ARTS, CRAFTS & MUSIC FESTIVAL**

COME SEE EVERYTHING THAT THE CENTER HAS TO OFFER

- TOURS THROUGHOUT THE DAY

#### **FREE ENTRY**

THURSDAY  
MAY 8, 2025  
9-3PM

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

LUNCH SERVED AT 11:30AM  
FOR A MINIMAL CHARGE

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

### **Council on Aging Staff**

Susan Riccio, *Interim Executive Director*  
Maribet Torres, Confidential Secretary  
Jennifer Loisel, 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 ELDER**

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 Loisel 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](http://www.driveforneet.org/volunteer)

### 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.***

### 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**

### 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
<b>Please bring a change of Indoor Shoes to Workout Classes &amp; the Gym</b>				
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 ~ <b>10:30-11:15 Cardio Drumming</b> ~ 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
<b>Painting Class Registration is Open. Secure your Spot today!</b>				

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](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*



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 ELDERLY 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!

## 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



## 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!

## **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 Administration 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 Beareguard, 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



**Creative Baubles & Jewels**  
with Laurene

Come and join Laurene Baker in learning some beginner jewelry making skills! Discover the joy of designing and crafting your unique jewelry

**MAY 1**  
**MAY 15**  
**MAY 22**  
**MAY 29**  
**JUNE 5**  
**JUNE 12**

6 Week Class	Starts Thursday May 1 <sup>st</sup>	Start AT 10:30am
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For Registration :  
📞 978-983-8825  
🆓 FREE CLASS/ REGISTER TODAY/ SPACE IS LIMITED

## 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 17<sup>th</sup> Winners: 1st John Dellmonte & Roland Ahles - 2<sup>nd</sup> Claudette Parillo & Irene Gallucio

March 31st Winners: 1st James Staples & Ron Bretton - 2<sup>nd</sup> 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

### 💙 **Caregivers Support Meeting – You're Not Alone** 💙

**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.

### 💙 **FLIP THE SCRIPT LUNCHEON** 💙

**Tuesday May 27, 2025 @ 1130 for \$2**

Carving station

Choice of Turkey or oast 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**  
 **Friday 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 23<sup>RD</sup> 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 Policemens 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 Orbinson Tribute'. \$131. 10:45am
- September 17 - Quabbin Reservoir & Salem Cross Inn. \$131. 8:30am
- October 6 - Winnepesaukee 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, Seefeld, 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.