

APRIL 2025 NEWSLETTER

Celebrating 40 Years of Community Excellence



From the desk of the Interim Director

I would like to take this opportunity to thank all of you for the your kind words and expressions of faith that you have shared with me as I have transitioned into the Interim Director position. It is so important that you all know that anything I do here at the center is to benefit you. You are my reason! You are the biggest part of my 26 ½ year career at the Methuen Senior Activity Center. I will hold office hours for you to come and share with me the trials of life you are facing and to hear about the wonderful things that are happening to you on Friday's 10-11 am.

I also want to take this opportunity to tell each volunteer at the center the work you do here matters so very much not only to the staff but all those who visit the center for friendship to participate in events, classes, shopping in our Thrift Shop and so many other reasons. It takes many hands to help make us successful. You all do it with such amazing grace. I am so proud to be a part of this center and I will continue to be here for all!

I would like to extend an invitation for those who may have never been to the center. We offer so many programs, lunch program, volunteer opportunities, educational programs and so much more. Come and take a tour! Perhaps you like to play billiards, 45's, Ping-Pong, travel, or maybe sit read the paper, watch tv. Our hours of operation are

Mon-Thurs 8:00 am- 4:00 pm, Friday's 8:00 am- 12:30 pm.

We all look forward to meeting you!

Sincerely,

Susan Riccio / Interim Director
Methuen Senior Activity Center/ Council on Aging

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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



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

Sunset Seminars

Program Title: "Aging Happily!"

Date & Time: April 3, 2025, 5:30PM – 6:30PM

Presenter: Pam Garramone, M.Ed.

Program Description: Positive Psychology research shows that we can live longer, healthier, happier lives by practicing simple, science-based happiness habits. In this presentation, you will learn practical ways to practice gratitude, feel more joy, fun and happiness! Feeling happier is available to all when you know the science!

Program Title: " Lives Well Lived"

Date & Time: April 10, 2025; 5:30PM – 6:30 PM

Presenter: Sky Bergman

Program Description: Lives Well Lived celebrates the incredible wit, wisdom and experiences of adults aged 75 to 100 years old. Through their intimate memories and inspiring personal histories encompassing over 3000 years of experience...

Program Title: Is Your Home Ready for the Future? How to Age in Place Without Worry!

Date & Time: April 17, 2025, 5:30 PM-6:30 PM

Presenter: Laura Lynn Morrissey

Program Description: You've worked hard to make your home comfortable—but is it truly built to support your independence as you age? 80% of people say they want to stay in their homes long-term, but only 20% have made the changes needed to make that possible. Most homes weren't designed with aging in place in mind, and small, overlooked risks—like poor lighting, slippery floors, or hard-to-reach spaces—can turn into big problems that force people into costly moves or crisis-driven decisions. This engaging and practical session will help you: Identify the hidden risks in your home that could jeopardize your independence. Learn the simple, smart fixes that make aging in place safer and easier. Understand how healthcare is changing—and why your home needs to keep up. Walk away with a clear, actionable plan to make your home work for you, now and in the future. If staying in your home is your goal, this is the conversation you need to have—before a crisis forces the decision for you.

The Senior Center will be open until 7:00PM Thursdays
March 6th, 13th, 20th, 27th, April 3rd, 10th, 17th and May 1st

During these extended hours, the Center will be open for Socialization, Cards, Billiards, Services, Personal Fitness, and more.

The Sunset Seminars have been produced in full by a grant award to the Massachusetts Council on Aging by the Executive Office of Elder Affairs.

Sign up today for one or all these exciting seminars by calling 978-983-8825.

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, Barbara 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

Winter's done, and April's in the skies. Earth, look up with laughter in your eyes!

– Charles G.D. Roberts.

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

April 23, 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
<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 Cardio Drumming ~ 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

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, April 22, 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 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 April 1st 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 April 3 & 17, 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!**

April 2, 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.

INFORMATIONAL SESSION

Ice Cream Social & 2025 Trip Preview!

Join us on April 1st at 1 PM for a sweet treat and exciting travel talk!

Royal Tours will be here to share details about their 2025 monthly day trips, so come learn about upcoming adventures while enjoying delicious ice cream—on the house!

This event is sponsored by Bear Mountain, and we're looking forward to a fun afternoon of treats and travel dreams. Don't miss it!

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.

Big Thanks... to all who contributed to the services and programming in March including: Home Depot Methuen for donating the buckets for our new Cardio Drumming Class, to Agespan for the Traveling Chef Meal, to Leigh Hartwell for a Heart Health Informational Session, to Cedarview for Sponsoring Various Programs, To Bev Brown for hosting the Genealogy Course, to Attorney Peter McQuillan for Free Legal Consultations; to the Methuen Cultural Council for Grnating 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.

INFORMATIONAL SESSION



The Wealth Effects: Social Security Optimization for Women

Wednesday April 2, 2025 at 1:30pm

Action Agenda

- ❖ SSA Essentials (PIA, FRA, DRCs)
- ❖ Rules, Regs and Requirements
- ❖ Spouse & Ex-Spousal Benefits
- ❖ "Deemed Filing" & "Topping-Off"
- ❖ Maximize Your Survivor Benefits
- ❖ How to Minimize Taxes on Retirement Income Portfolio
- ❖ Q & A from Audience
- ❖ Key Takeaways/Action Steps

45's TOURNAMENTS

Come Play 45's!
All are welcome!

Monday, April 14th & *28th @ 12:30 p.m.

\$3.00 to play

February 10th Winners: 1st Aura Fluet & Mike Alaimo - 2nd Bob Ciofalo & Rita Misserville

February 24th Winners: 1st Marie Wolfendale & Tom Anganos - 2nd Sam Arivella & Steve Lombardi

TRAVELING CHEF

Traveling Chef Meal

Wednesday April 9, 2025 at 11:30am

Panini Sandwiches
Choice of Chicken Parmesan or Italian with a Green Salad, Potato Salad & Fruit Salad
Enjoy a Delicious meal for \$2 followed by the Game - What's that Cost!

*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!

INFORMATIONAL SESSION

Medicare Planning Seminar with Blue Cross Blue Shield

Join us for a free and informative session on ***Tuesday, April 8 at 10:30 AM*** to learn everything you need to know about Medicare planning. A representative from Blue Cross Blue Shield will guide you through the options, answer your questions, and help you make informed decisions about your healthcare coverage.

INFORMATIONAL SESSION

Social Security Scam Awareness Presentation

Join us on Monday, **April 7th at 10:30 AM** as the Social Security Office shares the latest scam tactics targeting seniors. Learn how to spot fraud, protect your personal information, and avoid becoming a victim.

 **Presentation followed by a Q&A session—bring your questions!**

 **Methuen Senior Activity Center**
\$ Free & open to all

Stay informed. Stay safe. Don't fall for scams!

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!

Box is in the Lobby.

ENTERTAINMENT

Jazz, Dessert & Mocktail Social!

Tuesday, April 22nd from 1:00–3:00 PM

Join us for an **afternoon of smooth jazz, delicious desserts, and festive mocktails!** Our **live jazz band** will set the mood while you sip on handcrafted mocktails and enjoy a sweet selection of treats.

 **Live Jazz Band – The Jazz Committee**
 **Tasty Mocktails & Dessert Tasting**
 **Fun Trivia & Light Activities**

This special event is **open to all seniors**—no registration required! Just bring your love of good music and great company.

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, April 8 & 22**

 **10:30 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!

CRAFT CLASS RETURNS

Crafting with Jennifer

Thursday April 24 , 2025 at 10:30am



Painted Birdhouses

Get creative and bring your imagination as we paint and decorate wooden birdhouses! This fun and relaxing activity is a great way to express yourself and add a splash of color to your home or garden. All supplies provided—just bring your creativity! Let's craft something beautiful together!

Limited Spaces, Register Today at 978-983-8825
\$5 Due at Registration

INFORMATIONAL SESSION

Protect Yourself from Bank Scams!

Join Justin Otto from **TD Bank** on **Thursday April 10 at 10:30 AM** for an important session on local bank scams and how to protect yourself from fraud. Learn about the latest tactics scammers use and how to keep your finances safe.

SCHOLARSHIP INFORMATION

Join 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!

First Planning Meeting

Wednesday April 16th 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!

Why Join?

- Stay active & engaged
- Help preserve the spaces we love
- Set an example for future generations

NEW EXCERCISE CLASSES

Cardio drumming with Paula is designed for seniors looking to improve their cardiovascular health, balance, and flexibility.

In addition to the drumming element, the class includes exercises to help improve balance and stability.

Participants can expect a high-energy and upbeat atmosphere, as well as a supportive instructor that can modify to meet your needs. Whether you're a beginner or have some experience with fitness classes, cardio drumming is a great way to stay active, improve your overall health, and have fun in a safe and inclusive community. Class is taught by Paula Goodwin, Certified active aging coach with over 30 years experience teaching

WEDNESDAYS AT 10:30AM STARTING APRIL 2ND

GAMES

BOARD GAMES DAY

FRIDAY APRIL 25TH 2025 @ 10:30AM

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

Ambassador Coffee Hour & Open House!

Tuesday April 15th @ 10am

Come see all that the Methuen Senior Activity Center has to offer! Join us for a coffee hour and open house, where you can meet our amazing volunteers, take a tour, and learn about our exciting programs.

ENTERTAINMENT

FREE COMEDY SHOW

Alan Ames Thinks He's Funny

Wednesday April 23, 2025 at 2pm

Get ready to laugh! Comedian Alan Amess is coming to the center for the first time, bringing his hilarious humor for a fun-filled afternoon you won't want to miss. Join us for an unforgettable time of laughter and good company.

This event is proudly sponsored by Brightview

45'S US VS THEM

METHUEN SENIOR ACTIVITY CENTER

US vs THEM

METHUEN SENIORS

METHUEN POLICE DEPARTMENT

45'S



MONDAY
APRIL 28, 2025
@ 12:30PM



Free Game - Register Today 978-983-8825

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

- April 29 - Newport Playhouse 'Baggage'. \$141. 9:15am
- 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:

Patricia Fone \$ 176.70

Marie Boda \$ 106.02

Donald Marcus \$ 70.68

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

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.**

APRIL 1 9-12PM TOLE PAINTING WITH LISA DURING OPEN ART
APRIL 1 1PM ICE CREAM SOCIAL AND 2025 DAY TRIPS TALK HOSTED BY ROYAL TOURS AND SPONSORED BY BEAR MOUNTAIN
APRIL 2 1PM BOOK CLUB WITH MAUREEN SHARROCK
APRIL 2 1:30PM SOCIAL SECURITY RRESENTATION
APRIL 2 2:30 PM ADOPT A GRANDPARENT
APRIL 3 10:00AM THE TALK
APRIL 3 1-3PM HAPPY HEARTS
APRIL 4 10AM KINDNESS ROCKS
APRIL 4 10-12PM PHOTOGRAPHY CLASS
APRIL 7 10:30AM SOCIAL SECURITY SCAMS TALK
APRIL 7 1PM BINGO - SPONSORED BY BRIGHTVIEW
APRIL 8 10:30AM WALKING CLUB WITH REGINA MCCARTHY - MEET AT THE RAILROAD DEPOT
APRIL 8 10:30AM BCBS INFORMATIONAL PRESENTATION
APRIL 9 11:30AM TRAVELING CHEF \$2 AND WHAT'S THAT COST GAME?
APRIL 9 2:30 PM ADOPT A GRANDPARENT
APRIL 10 10:30AM TD BANK
APRIL 10 1-3PM HAPPY HEARTS
APRIL 11 10-12PM PHOTOGRAPHY CLASS
APRIL 11 10AM INTERIM DIRECTOR OFFICE HOURS
APRIL 14 12:30PM 45S TOURNAMENT

APRIL 15 10AM AMBASSADOR COFFEE HOUR
APRIL 15 12PM SEWING GUILD
APRIL 16 1PM GOLDEN GREEN TEAM
APRIL 16 2:30PM ADOPT A GRANDPARENT -PARK CLEANUP FOR EARTH DAY
APRIL 17 10AM THE TALK
APRIL 17 1-3PM HAPPY HEARTS
APRIL 18 CLOSED FOR EASTER
APRIL 21 1PM BINGO - SPONSORED BY CEDARVIEW
APRIL 22 10AM WALKING CLUB WITH REGINA MCCARTHY - MEET AT THE RAILROAD DEPOT
APRIL 22 1-3PM JAZZ DESSERT & MOCKTAILS PARTY
APRIL 22 THRIFT SHOP SALE
APRIL 23 10AM LOSS & TRANSITION BEREAVEMENT SUPPORT GROUP
APRIL 23 2PM FREE COMEDY SHOW FEATURING ALAN AMES
APRIL 24 10:30AM CRAFT CLASS - \$5 AT REGISTRATION
APRIL 24 1-3PM HAPPY HEARTS
APRIL 25 10AM GAMES DAY - SCATTEGORIES
APRIL 25 10AM INTERIM DIRECTOR OFFICE HOURS
APRIL 28 12:30PM 45'S TOURNAMENT US VS THEM
APRIL 30 1PM GOLDEN GREEN TEAM
APRIL 30 2:30 PM ADOPT A GRANDPARENT

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.
- *Office Hours with Interim Director Susan Riccio Every Friday 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 – April 2, 10am-12noon
Mayor DJ Beauregard – April 2, 12noon
Rep. Estella Reyes – April 4, 10-12noon
Rep. Ryan Hamilton April 4 &18, 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.