



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 MUCH MORE!

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.

What's Inside

- 02 Staff/Board
- 02 Transportation
- 03 Resource Page
- 04 Exercise Calendar
- 05 Letter from Interim Director
- 5-9 Program Information
- 11 Travel with Us
- 12 Activity Calendar

Methuen Senior Activity Center

77 Lowell Street
Methuen, MA
01844

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

www.methuen.gov/seniorcenter

978-983-8825



Follow Us
on
Facebook

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

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,
Barbara R. Ell, Fran
Gradzewicz, Pauline Hoh, Shirley King,
Gwen Lariviere, Randi Mayfield, Yvonne
Paplaskas, Don Riccio,
Marguerite Trudel

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.

TRANSPORTATION



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



Merrimack Valley Transit

Merrimack Valley Transit Proudly Provides *MiniMeVa* Free Services Non- ADA (over the age of 60)

Our *MiniMeVa* Non-ADA service is offered to people who are 60 years of age or older who live in communities that receive MeVa's fixed bus route service. MeVa's fixed bus route service operates in Amesbury, Andover, Groveland, Haverhill, Lawrence, Merrimac, Methuen, Newburyport, North Andover and Salisbury. Residents must complete an application through the *MiniMeVa* administrative office. Applications are available online at www.mevatransit.com, at our offices at 85 Railroad Ave, Haverhill or by mail by calling 978-469-6878 (option 3).

This service complements Merrimack Valley Transit's (MeVa) fixed bus route service and is an origin to destination shared ride service. (Door to door upon request.)

Service is provided with *MiniMeVa* lift-equipped vehicles and on occasion is supplemented with other vehicles that may be vans or sedans. This service is intended to safely and efficiently accommodate as many customers per trip as possible.

This customer manual will detail policies that will help you and the other *MiniMeVa* customers receive the best possible service. Please follow these policies to avoid any service disruptions to you and other *MiniMeVa* customers.

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

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

June 18, 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

Who We Are

AgeSpan (formerly Elder Services of the Merrimack Valley and North Shore) is a nonprofit organization committed to helping older adults, caregivers, and individuals with disabilities live safely and independently.

Our Services Include:

✓ Information & Referral

Get connected to local, state, and federal resources such as housing, financial help, and healthcare.

✓ Caregiver Support

Access education, support groups, respite care, and personalized guidance to help you care for a loved one.

✓ Home Care Services

Receive assistance with personal care, homemaking, meal prep, grocery shopping, and companionship through MassHealth or private-pay programs.

✓ Meals on Wheels

Nutritious meals delivered to the homes of eligible older adults.

✓ Housing Options Counseling

Explore affordable and supportive housing choices, and receive help with applications and waitlists.

✓ SHINE Program (Serving the Health Insurance Needs of Everyone)

Get free, unbiased advice on Medicare, MassHealth, drug plans, and supplemental insurance.

✓ Protective Services

Support for those experiencing elder abuse, neglect, or exploitation.

✓ Healthy Living Programs

Participate in free workshops on managing chronic conditions, fall prevention, and improving health and wellness.

✓ Long-Term Care Ombudsman Program

Advocacy for nursing and rest home residents to ensure quality of care and dignity.

✓ Transportation Assistance

Help arranging rides for medical appointments, shopping, and more, depending on eligibility and location.

Contact AgeSpan

Website: www.agespan.org

Phone: 800-892-0890

Email: info@agespan.org

Locations: Lawrence, MA & Danvers, MA

Supporting individuals and families across the Merrimack Valley and North Shore.

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

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, June 17, 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

From the desk of the Interim Director

Happy Summer! It is finally here. We can go outside and feel the warmth on faces. Enjoy nights sitting outside and just taking in all the beauty the surrounds us.

We have been working to ensure that we bring many events to your Activity Center during the calendar year.

My hope, you drop in and see what's happening and enjoy all that is here for you. This is your center. Whether you come to enjoy BINGO, Craft Classes or just want to come into the air conditioner and relax, we are here for YOU!

On Behalf of the staff and volunteers, may this summer be a time for family reunions and a time to enjoy the great outdoors!

Our newsletter is available in the main lobby of the center along with City Hall, Housings, Library, and Market Basket Haverhill St. Be sure to get your copy!

Have a wonderful summer!
Susan Riccio

OPEN ART SESSIONS

Tuesday June 3, from 9-12pm

Calling all artists!

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!***

Wednesday June 4, 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.

THE TALK

Thursday June 5 & 26 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!

TECHNOLOGY CLASSES

KevTech Services



RETURNS TO OUR CENTER!

Back to Basics with iPhone and iPad

Monday, June 2, 16, & 30 @ 10 am

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

Call the Office at 978-983-8825



Big Thanks... to all who contributed to the services and programming in May including but not limited to; Laurene Baker for hosting a free jewelry class; Salem woods for sponsoring Bingo; Lisa Buglione for the painting class as well as Tole painting; to everybody involved in making the Arts,Crafts and Music festival a success; to Councillor Ron Marsen for Buying Lunch for our Seniors; to Jeff Bellistri at the Adopt a Grandparent program; to the Adopt a Grandparent Program for hosting the Intergenerational Prom; to the Methuen Police Department for hosting a wonderful policeman supper; to Howie Newman for his free show sponsored by the Methuen Cultural Council; to the many, many wonderful vendors who participated in our annual spring Resource Fair; to age span for a delicious traveling chef meal; 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 the Flower Planting Event & 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.



**Hot Lunch
Served
Daily
at
11:30am**

June Regular Menu 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
2 2pc Stuffed Shells 4oz Florentine Sauce ½ cup Capri Blend Congregate: Caesar Salad instead of Capri Blend 1pc Garlic Dinner Roll 1pc Cookie 9 Two Compartment Deconstructed Shepherd's Pie 3oz Beef 2oz Gravy 3oz Corn ½ cup Mashed Potatoes 1pc Biscuit ½ cup chocolate pudding 16 Two Compartment 3oz Chicken Strips 4oz Alfredo Sauce On top of ½ cup Pasta ½ cup Broccoli 1pc WW Dinner Roll ½ cup canned fruit 23 3 oz Chicken Meatballs 2 oz BBQ & Grape Jelly "sweet BBQ sauce" ½ cup White Rice ½ cup Beets 1 pc Vienna bread ½ cup Pineapple 30 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1 pc LS Wheat Bread ½ cup applesauce	3 3oz Pork Roast 2oz Rosemary & Garlic Sauce ½ cup Mashed Butternut ½ cup Brussels Sprouts 1pc Cornbread ½ cup Mandarins 10 3oz Grilled Chicken 2oz Balsamic Sauce ½ cup Parmesan Risotto ½ cup Sautéed Garlic Kale 1pc WW Dinner Roll ½ cup canned fruit 17 1pc Cheese Omelet 1pc Turkey Sausage (2pc congregated) 1pc Roasted Potatoes ½ cup Honey Carrots 1pc Muffin ½ cup Yogurt 1pc Juice (no milk) 1pc Ketchup 24 1pc Hot dog (LS Beef/pork) ½ cup baked beans ½ warm Cinnamon Apples ½ cup Latin Salsa 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	4 Two Compartment Chicken Stir Fry 3oz Chicken Strips 4oz Sweet & Sour Sauce 4oz Mandarin Veg Blend ½ cup Brown Rice ½ cup Pineapple 1pc Out Bread 11 Cold: 2 oz Turkey 1 slice Swiss Cheese ½ cup Garden Salad ½ cup Three Bean Salad 2 slices LS Bread 1 pkt mustard 1pc Salad Dressing (menu magic) 1pc Fresh Fruit NO Margarine 18 Sloppy Joe 3oz Ground Beef 3oz Tomato Sauce ½ cup Mixed Veggies ½ cup Mashed Potatoes 1pc Burger Bun 1pc Fresh Fruit No Margarine 25 Cold: Chicken Salad 3.5 oz Diced Chicken, Mayo & Celery ½ cup Spinach Salad ½ cup Butternut Salad 2pc MG Bread 1pc Yogurt 1pc Juice 1pc Dressing No Margarine	5 1pc Bateman meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Beets 1pc MG Bread 1pc Fresh Fruit 12 Special 3oz Sausage ¼ cup Peppers & Onions 4oz Blueberry Cobbler 4oz Corn 1pc Corn Cob (congregate) ½ cup Latin slaw 1pc Sub Roll 1pc Mustard No Margarine 19 Holiday No Meals 26 Birthday Two Compartment 3oz Ravioli 4 oz Marinara Sauce ½ c Roman Blend veggies 1 pc WW Bread 1pc Cupcake 1pc parmesan	6 6oz Broccoli Egg Bake ½ cup Roasted Potatoes ½ cup Carrots 1pc Fruit Loaf 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup 13 1pc Cheese Lasagna 4oz Marinara ½ cup Garlic Spinach 1pc WW Garlic Roll ½ cup canned fruit 1pc Parm Cheese 20 3oz Unbreaded Pollack 2oz Pesto ½ cup Lemon Rice Congregate: Lemon Rice Soup instead of lemon Rice ½ cup Capri Blend 1pc MG Bread 1pc Cookie 27 Two Compartment Beef Stew 3oz Beef 2oz Peas 2oz Carrots ½ cup mashed potatoes 1pc WW Dinner Roll 1pc Fresh Fruit

**\$2 Meal
Donation**

**Must Sign
up 2 Days
Ahead**



JEWELRY CLASSES

NEW CLASS

**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 1st	Start AT 10:30am
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For Registration :
 ☎ 978-983-8825
 📄 FREE CLASS/ REGISTER TODAY/ SPACE IS LIMITED

PHOTOGRAPHY Class

By Nancy Reardon

SPACE IS LIMITED, SIGN UP TODAY

Do you have a camera, but don't know quite how to use it? Want to learn what all those buttons are for, how to capture a great shot, take action shots, nature shots and more? Then this class is for you! Nancy Reardon will teach you the basics, tips and tricks!

**Six Week Class Starts Friday June 6, 2024
10am - 11am**



\$20 FOR CLASS

TYE DYE PARTY

TYE DYE PARTY

JUNE 18, 2025

@ 1PM

T-SHIRTS SUPPLIED
BY CEDARVIEW

RAIN DATE 6/25/25@ 1PM

ENTERTAINMENT

METHUEN SENIOR CENTER

MOVIE DAY



FRIDAY JUNE 13- GREASE
FRIDAY JUNE 27 - MAMA MIA

POPCORN & DRINKS

MOVIE STARTS @ 10:30AM

ENTERTAINMENT

Jon Waterman

Tuesday June 24, 2025 @ 1pm

Jon Waterman 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.

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, June 10 & 24**

 **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!

ENTERTAINMENT



the Methuen Senior Center presents:

the Gemstones

This youthful retro-rock & rockabilly group is bringing the 1950s back!

Get your dancing shoes on and get ready to hear the classics; Elvis Presley, Chuck Berry, Buddy Holly, Johnny Cash, and more! Including original music that is heavily inspired by the greatest era of music: The 1950s

Monday June 9th
1pm - 3pm
77 Lowell St.
Methuen, MA

**"In early June the world of
leaf and blade and flowers
explodes, and every sunset is
different."**

VETERANS BREAKFAST

Veterans Breakfast

Thursday June 26th @ 10am



Join Veterans Agent Paul Jensen for Food & Conversation

45's Tournaments

Come Play 45's!

All are welcome!

Monday, June 16 @ 12:30 p.m.

Monday, June 30 Sponsored by Cedarview @ 12:30 p.m.



\$3.00 to play



April 28th Winners: 1st Shirley King & Chiel
McNamara - 2nd Anne Turner & Shirley Moscuzza

CAREGIVER SUPPORT

♥ **Caregivers Support Meeting – You're Not Alone** ♥

Monday June 16, 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.

GAMES DAY

FRIDAY JUNE 13 & 27, 2025 @ 10AM

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

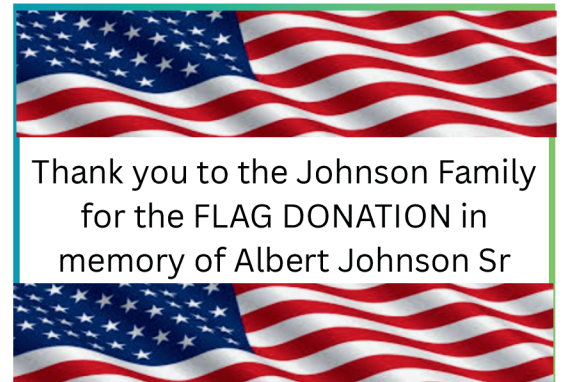
YAHTZEE & MANCALA

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.

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



**Thank you to the Johnson Family
for the FLAG DONATION in
memory of Albert Johnson Sr**

Visiting Office Hours with your Public Officials

Senator Pavel Payano – June 4, 10am-12noon

Mayor DJ Beauregard – June 11, 12noon

Rep. Estella Reyes – June 6, 10-12noon

Rep. Ryan Hamilton June 6 & 20, 10am – 12noon

Veterans Agent Paul Jensen June 26 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.

METHUEN SENIOR ACTIVITY CENTER – SATISFACTION SURVEY
PLEASE TAKE A FEW MINUTES TO COMPLETE THIS BRIEF SURVEY. YOUR FEEDBACK HELPS US IMPROVE YOUR EXPERIENCE.

GENERAL INFORMATION (OPTIONAL)

NAME: _____ **AGE**

GROUP: ☐ UNDER 60 ☐ 60-69 ☐ 70-79 ☐ 80+

HOW OFTEN DO YOU VISIT THE CENTER?

☐ DAILY ☐ WEEKLY ☐ MONTHLY ☐ RARELY

FACILITY & STAFF

- **CLEANLINESS** – ☐ EXCELLENT ☐ GOOD ☐ FAIR ☐ POOR ☐ N/A
- **ACCESSIBILITY** – ☐ EXCELLENT ☐ GOOD ☐ FAIR ☐ POOR ☐ N/A
- **COMFORT OF AREAS** – ☐ EXCELLENT ☐ GOOD ☐ FAIR ☐ POOR ☐ N/A
- **HELPFULNESS OF STAFF** – ☐ EXCELLENT ☐ GOOD ☐ FAIR ☐ POOR ☐ N/A
- **FRIENDLINESS** – ☐ EXCELLENT ☐ GOOD ☐ FAIR ☐ POOR ☐ N/A
- **TRANSPORTATION SERVICES (IF USED)** – ☐ EXCELLENT ☐ GOOD ☐ FAIR ☐ POOR ☐ N/A

PROGRAMS & MEALS

- **VARIETY OF PROGRAMS** – ☐ EXCELLENT ☐ GOOD ☐ FAIR ☐ POOR ☐ N/A
- **SCHEDULING/TIMING** – ☐ EXCELLENT ☐ GOOD ☐ FAIR ☐ POOR ☐ N/A
- **MEAL QUALITY (IF APPLICABLE)** – ☐ EXCELLENT ☐ GOOD ☐ FAIR ☐ POOR ☐ N/A
- **DINING EXPERIENCE** – ☐ EXCELLENT ☐ GOOD ☐ FAIR ☐ POOR ☐ N/A

OVERALL SATISFACTION

HOW SATISFIED ARE YOU OVERALL? ☐ VERY SATISFIED ☐ SATISFIED ☐ NEUTRAL ☐ DISSATISFIED

WOULD YOU RECOMMEND US TO OTHERS? ☐ YES ☐ NO ☐ NOT SURE

WHAT DO YOU ENJOY MOST?_____

WHAT CAN WE IMPROVE?_____

OTHER COMMENTS:

THANK YOU FOR YOUR FEEDBACK!

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

- 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 May 2025 winners:

Marie Guerin \$175.75

Linda Larocque \$105.45

Connie Kennedy \$70.30

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*

BINGO



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.

JUNE 2 10AM KEV TECH
JUNE 3 9-12PM OPEN ART
JUNE 4 1PM BOOK CLUB
JUNE 4 2:30PM LAST DAY ADOPT A GRANDPARENTS
JUNE 4 11:30AM GOLDEN GREEN TEAM - RIVERSIDE PARK CLEANUP
JUNE 5 10AM THE TALK
JUNE 5 10:30AM JEWELRY CLASS WITH LAUREEN BAKER
JUNE 6 10AM PHOTOGRAPHY CLASS STARTS
JUNE 6 10AM KINDNESS ROCKS
JUNE 9 11:30AM ROTARY CLUB INFORMATIONAL TABLE IN LOBBY
JUNE 9 1PM GEMSTONES SPONSORED BY CEDARVIEW
JUNE 10 10:30AM WALKING CLUB - WEATHER PERMITTING
JUNE 10 12:30PM SEWING GUILD - ALL ARE WELCOME
JUNE 10 5PM SCHOLARSHIP PARTY
JUNE 11 1PM BINGO - \$.50 A CARD
JUNE 13 10AM GAMES DAY
JUNE 13 10:30AM FILM SERIES - GREASE
JUNE 16 10AM KEV TECH
JUNE 16 10:30AM CAREGIVER SUPPORT WITH BRIDGES

JUNE 16 12:30 45S -\$3 TO PLAY
JUNE 17 THRIFT SHOP BAG SALE
JUNE 17 1:30 KARAOKE
JUNE 18 1PM TYE DYE PARTY SPONSORED BY CEDARVIEW
JUNE 18 10AM LOSS & TRANSITION BEREAVEMENT GROUP
JUNE 19 CLOSED IN OBSERVANCE OF JUNETEENTH
JUNE 20 10AM KINDNESS ROCKS
JUNE 23, 1PM BINGO - \$.50 A CARD - SPONSORED BY CEDARVIEW
JUNE 24 10:30AM WALKING CLUB - WEATHER PERMITTING
JUNE 10 12:30PM SEWING GUILD
JUNE 24 1PM JON WATERMAN ENTERTAINMENT
JUNE 25 10:30AM FIELD DAY GAMES
JUNE 26 10AM THE TALK
JUNE 26 10:30AM CRAFT CLASS WITH JENNIFER
JUNE 26 VETERANS BREAKFAST WITH PAUL JENSEN
JUNE 27 10AM GAMES DAY
JUNE 27 10:30AM FILM SERIES - MAMA MIA
JUNE 30 10AM KEV TECH
JUNE 30 12:30PM 45S -\$3 TO PLAY SPONSORED BY CEDARVIEW