



From the desk of the Interim Director

Hello and Happy 4th of July!

This month we are offering events that will have you dancing the afternoon away, enjoying cool and refreshing Ice Cream, doing arts and crafts, while also joining Jennifer Loiselle, Activity Coordinator and myself for a luncheon. Here is where we will talk about what you would like to see at your Methuen Senior Activity Center and to establish new friendships. We invite you to join us on July 28th as we embark on this monthly new program. Every month we will enjoy a wonderful lunch, and you will meet the staff that are here to assist you and help to ensure that you have an enjoyable and memorable time at your center.

Please remember, for all events you need to call the center to make a reservation.

We are fully air conditioned at the center, if you need to beat the heat our doors are open Monday thru Thursday 8-4:30 and Friday's 8- 12:30

Happy Summer!

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



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

NEW PROGRAM

LUNCH WITH THE DIRECTOR AND ACTIVITY COORDINATOR

This program is new to the center. We would like to meet you and hear about what you would like to see at your Senior Center!

Meet the ladies who work daily in the kitchen to help bring nutritional valued meals to you. Laura and Susan are instrumental in the congregate meals and the Meals on Wheels program.

On July 28, Jennifer Loiselle, Activity Coordinator and Susan Riccio, Interim Director of your Senior Center invite you to have lunch to make a connection to your senior center and new friendships.

On the menu:

Sliced turkey, gravy, carrots, cranberry sauce, wheat bread, canned fruit.

After lunch we will tour the center and you can see what we offer!

Call the center for reservation!
978-983-8825

LOOKING FOR VOLUNTEERS

Do you have a skill you're excited about?
Share it with our seniors!

We're looking for community members of all ages to lead one-time or short-series workshops, classes, or informal "tell-us-how-you-do-it" talks at the Methuen Senior Activity Center. Whether you're a master gardener, tech whiz, baker of legendary cookies, or an avid traveler with stories to tell—our participants are eager to learn from you.

A few ideas our members have asked for:

- Watercolor, crochet, or jewelry making
- Genealogy 101
- Cooking for one or two
- Beginner Spanish or ASL
- Writing, Poetry
- (Surprise us with something new!)

Ready to inspire? Contact Jennifer Loiselle at 978-983-8825

Let's keep lifelong learning alive—one passion project at a time!

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
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, Gwen Lariviere, Randi
Mayfield, Yvonne Paplaskas, Don Riccio,
Marguerite Trudel

INSPIRATIONAL QUOTE

"Liberty is the breath of life to nations."
- George Bernard Shaw.

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

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.

**For More Information,
Please call
978-983-8825.**

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.

SUPPORT GROUPS

LOSS & TRANSITION BEREAVEMENT SUPPORT

July 16, 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: MOST 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 (Resumes in September) ~ 9:00-11:00 Blood Pressure Clinic ~ 9:30-10:15 Line Dancing with Val ~ 12:30-3:00 Ceramics (Resumes in September) ~ 12:30-1:15 Tai Chi/Qi Cong ~ 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 (Resumes in September)	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, July 15, 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 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!

CRAFTING WITH FRIENDS

Tuesday July 1 from 9-12pm

Calling all artists! Join Art Teacher & Activity Coordinator Jennifer Loiselle during this DEDICATED open Crafting/Arting time.

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! Light Music, Great conversation & ART!

What to Bring: Your materials and your imagination!

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

BOOK CLUB

Join our Book club at the Methuen Senior Activity Center, ***hosted by COA Board Chair Maureen Sharrock!***

July 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.

TECHNOLOGY CLASSES

KevTech Services

RETURNS TO OUR CENTER!

Back to Basics with iPhone and iPad

Monday, July 7 & 21, 2025 @ 10 am

Space Is Limited!

PreRegistration is Required - Reserve your Spot Today!

Call the Office at 978-983-8825



THE TALK

Thursday July 10 & 31, 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

Mondays July 7 & 21 2025 @ 1 pm
Sponsored by Cedarview

Big Thanks... to all who contributed to the services and programming in June 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.

INFORMATIONAL SESSION



Join us for a Meal Tasting!

Wednesday July 2nd at 1pm

Register Today 978-983-8825

45's TOURNAMENTS

Come Play 45's!
All are welcome!

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

\$3.00 to play

June 16th Winners: 1st Shirley Buyck &
David Kirkpatrick- 2nd Norman Bretton &
Mae Tetler



INFORMATIONAL SESSION

WE KNOW THAT CAREGIVER MUST
PROVIDE CARE IN "QUALIFIED
SETTINGS". LET'S TAKE A LOOK AT
WHAT THAT MEANS.

Q&A

**Wednesday
July 9th
starting at
11:30am**



ICE CREAM SOCIAL AND DANCE



SPONSORED BY:
**Kannan and
Pricone plumbing
and heating**

Sign up by calling
the Methuen Senior Center
Starting June 10th
(978) 983-8825

We hope to see you there!
Methuen Senior Center
77 Lowell Street Methuen, MA

NEW TECHNOLOGY

Listening Devices are 'Now Available' at the Activity Center



We are thrilled to introduce our new listening devices designed to enhance your experience during our programs. These state-of-the-art devices come with Bluetooth connectivity, allowing you to easily connect them to your hearing aids and smartphones.

Why Use Our Listening Devices?
Improved Sound Quality: Enjoy clearer and more amplified sound during our events.

Seamless Connectivity: Connect effortlessly to your personal hearing aids and smartphones.

Enhanced Experience: Participate more fully and comfortably in all our activities. We encourage you to take advantage of these devices to make the most out of your time with us.

If you have any questions or need assistance, please don't hesitate to ask our staff.

Veterans Breakfast

Thursday July 17th @ 10am

Join Veterans
Agent Paul
Jensen for Food &
Conversation!

Space Is Limited -
Reserve your
Spot today!




Please note: Veterans Only

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, July 8th & 22nd**

 **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



**Wednesday
July 30th at
1pm**



ENTERTAINMENT

LETS PLAY GAMES

Tuesday July 15 @ 2pm

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.

GAMES

GAMES DAY

FRIDAY JULY 25, 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!

Call today to reserve your spot!
978-983-8825

CRAFT CLASS WITH JENNIFER

Painted Butterfly Shells

Thursday July 24th
@ 10:30am

\$5 per person



KARAOKE



LUNCH WITH DIRECTOR

Enjoy our Lunch Program and Conversation
with the Director



Monday
July 28, 2025
@ 11:30am

NEW PROGRAM

Exciting News: Reintroduction of the "Silver-Haired Legislation" Program!



We are delighted to announce the return of our "Silver-Haired Legislation" program, dedicated to advocating for the needs and rights of older adults in our community. This program aims to empower our seniors by ensuring their voices are heard and their concerns addressed.

Program Highlights:

- Advocacy: Championing the rights and needs of older adults.
- Community Engagement: Encouraging active participation in local legislative processes.
- Support: Providing resources and assistance to help navigate legal and social issues.
- We invite all seniors to join us in this important initiative.

Together, we can make a difference and create a more inclusive and supportive community for everyone.

Coming Soon: You can make a difference!

Friday September 19, 2025, 10:00 AM

Coffee Session and more information on how you can get involved. Your involvement can make a significant impact, and we would be honored to have you on board.

If you have any questions or need more information, please feel free to reach out to our staff or call the Methuen Senior Activity Center at 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

- 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:

Patty O'Neil \$172.90

Frances Shibel \$103.74

Marcelle Larocque \$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.

JULY 1 CRAFTING WITH FRIENDS
JULY 2 1PM HEART TO HOME MEAL
TASTING EVENT
JULY 2 1PM BOOK CLUB
JULY 3 PATRIOTIC WEAR DAY
JULY 4 CLOSED IN OBSERVANCE OF
INDEPENDENCE DAY
JULY 7 10AM KEVTECH CLASS
JULY 7 1PM BINGO
JULY 8 10:30AM WALKING CLUB,
MEET AT THE TRAIN DEPOT
JULY 9 12PM INFORMATIONAL TABLE
FAMILY CARE
JULY 9 1230-4P.M. ICE CREAM PARTY
SPONSORED BY KANAAN PLUMBING
JULY 10 10AM THE TALK
JULY 11 10AM FILM SERIES -
JULY 14 12:30 45S TOURNAMENT, \$3
PER PERSON

JULY 15 2PM LET'S PLAY GAMES WITH
KEVIN RICHMAN
JULY 16 10AM LOST IN TRANSITION,
BEREAVEMENT SUPPORT GROUP
JULY 18 10:AM KINDNESS ROCKS
JULY 21 10AM KEVTECH CLASS
JULY 21 1PM BINGO
JULY 22, 10:30AM WALKING CLUB,
MEET AT THE TRAIN DEPOT
JULY 22 1:30 KARAOKE WITH DON
RICCIO
JULY 25 10AM GAMES DAY
JULY 25 10:30AM FILM SERIES -
NATIONAL TREASURE
JULY 28 LUNCH WITH THE INTERIM
DIRECTOR
JULY 28 12:30 45S TOURNAMENT, \$3
JULY 30 1PM DELVENA THEATER, BON
VOYAGE
JULY 31 10AM THE TALK

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 – July 2, 10am-12noon
Mayor DJ Beauregard – July 2, 12noon
Rep. Estella Reyes – July 11, 10-12noon
Rep. Ryan Hamilton July 18, 10am – 12noon
By Appt - Veterans Agent Paul Jensen July 1710-
12pm

Monthly Birthday Club

We are excited to celebrate YOU!
On July 24th 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.