

Methuen Senior Activity Center

October 2025



Welcome to the Methuen Senior Activity Center, a gathering place for retirees and all seniors to continue their life journeys, to learn new things, make new friends, and stay actively engaged in the community. Membership is not required, so individuals can drop in and participate at their own pace. Activities vary from month to month. Stop by for a newsletter to see the latest schedule or visit our website at www.cityofmethuen.net.

October Flu Clinics at the Center

Starting Thursday, October 2nd, and continuing every Thursday throughout October, we will be hosting Flu Clinics from 11:00 AM to 3:00 PM.

Flu shots will also be available during our Extended Hours from 4:00 PM to 7:00 PM.

Sign-up is required—please contact the front desk or call to reserve your spot.

Protect yourself and others—stop by and get your flu shot!



Halloween Dance Party



Join us for a spooktacular afternoon of music, dancing, and fun!

Wednesday, October 29, 2025

2:00 PM – 4:00 PM

Featuring **DJ Mark Rich** spinning your favorite tunes!

Costumes encouraged – come dressed to impress!



Golden Connections

🍁 October Greetings from the Staff 🍁

Dear Friends,

As the crisp autumn air settles in and the leaves begin to turn, we're embracing the season of change and celebration here at the Methuen Senior Activity Center. October brings not only cozy moments and colorful scenery, but also exciting opportunities to connect, dance, and enjoy each other's company.

We're thrilled to continue our extended hours every Wednesday from 4:00–7:00 PM this month! Whether you're looking to unwind, socialize, or participate in evening exercise, we hope these extra hours give you more time to enjoy all the center has to offer.

Mark your calendars for our Halloween Dance Party on Wednesday, October 29th from 2:00–4:00 PM! DJ Mark Rich will be spinning festive tunes, and we encourage everyone to come in costume and celebrate the season with laughter, music, and movement.

As we move through October, let's remember: every day is a chance to grow, to smile, and to make a difference in someone's life. Your presence here makes our center a brighter, more joyful place. Thank you for being part of our community.

With warmth and appreciation,
The Methuen Senior Activity Center Staff

Ice Cream Social



Join us for a sweet afternoon with Mayor DJ Beauregard at our final Ice Cream Social of the year!

Don't miss this chance to enjoy delicious treats and great company
Join us on **Thursday, October 23rd**
from 1-3PM for an afternoon filled
with laughter, and community
spirit!

Don't miss this chance to enjoy
delicious treats and great company

**Thank you for all you
contributed to the services
and programming in
September which includes:**

- Cedarview for Sponsoring the 45's Tournament and Bingo
- The GemsTones for an afternoon of music and dancing
- Maureen Sharrock, C.O.A. Chair for the monthly Book Club
- Regina McCarthy for the monthly Walking Club
- Atty Peter McQuillan for the free 15 minute consultations
- State Representative Estela Reyes and City Council Chair Ron Marsan for a wonderful Ice Cream Social.
- Methuen Fire Chief David Toto for Coffee and conversation
- Methuen Police Dept for Coffee with a Cop
- (Community Response Team) for hosting weekly office hours
- Methuen Health and Human Services
- Methuen D.P.W.,
- Yvonne Paplaskas for Kindness Rocks
- Jacquie Marchand for Loss and Transition
- Age Span for all their daily work from Meals on Wheels to congregate meals

**We also want to thank our
new partners:**

- McDonalds, Texas Roadhouse and the Olive Garden



☀ **Extended Hours Are
Here!** ☀

Wednesdays in October 4:00–7:00
PM

The Methuen Senior Activity Center staff is excited to continue our extended hours every Wednesday throughout October!

Join us for a relaxed and welcoming evening where you can:

- 🎴 Play cards, billiards, or ping pong
- There will be a 45's tournament from 5:30–7:00pm
- ☕ Enjoy coffee and conversation with friends
- 🩺 Visit the Blood Pressure Clinic hosted by City Nurse Karen Ferullo
- 🧠 Get assistance from Methuen Health & Human Services with applications for MassHealth, SNAP, Fuel Assistance, RAFT, and more

Exercise Classes will also be offered during extended hours by Brian Coyne and Joan Lawrence. Each class is just \$2.00.

- 🧘 Balance, Bones & Brains
October 1, 15 & 29
4:30 PM – 5:15 PM
- 🧘♀ Yoga & Meditation
October 8 & 22
4:30 PM – 5:15 PM

Come for the fun, we can't wait to see you!

METHUEN ELDER AFFAIRS STAFF

Council on Aging Staff
Susan Riccio, Executive Director
Maribet Torres, Confidential Secretary
Cheryl McQuillan, Outreach
Liz Otto, Office Support
Domenic Alaimo, Custodian

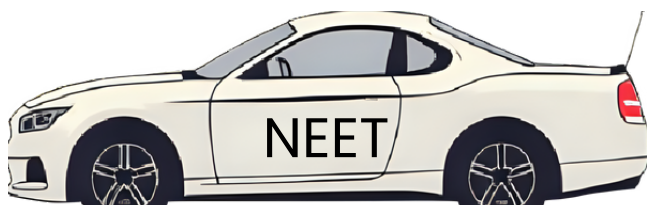
Council on Aging Board
Maureen Sharrock, Chair
Dr. Donald Marcus, DVM, Treasurer
Alfred D'Agata
Christine Metzemaekers
Stephan Alfano
Judith Anselmi
Aura Fluet

Winners 50/50 club

Congratulations to the
September 2025 winners:

Shirley Moscuzza \$169.96
Leonard St. Louis \$101.98
Athea Madison \$67.98

Three chances to win each
month !
sign up today!



Northern Essex Elder Transport, Inc.

VOLUNTEER TO DRIVE

CALL NEET TODAY TO GET STARTED

****978-388-7474****

Get Involved, Make a difference!
Volunteer to drive older adults in your
community. You decide when and where
to drive.

Mileage reimbursement provided

METHUEN SENIOR ACTIVITY CENTER, INC **Corporate Board of Directors**

Board of Directors

Genevieve Marks, President
Regina McCarthy, Vice President
Dan DiBurro, Treasurer
Tom Gradzewicz, Clerk
Susan Riccio, Executive Director
Donald Marcus, Director
Marilyn Freeman, Director
Maureen Sharrock, COA Chair

Join the 50/50 club

For more information, or to join the 50/50
visit the office at 77 Lowell St, Methuen
(your donation is tax deductible)

Membership (only \$4.00/month)
Must be paid 6 months or 12 months

Donation: \$ _____
6 months = \$24.00 12months = \$48.00

(Make checks payable to: MSC 50/50 Club)

Name _____
Date _____
Address _____

Cut out and mail in your membership today!

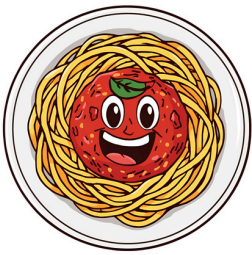
Cross Cultural Care

Stop by the Cross Cultural CareLink table on
Wednesday, October 9 to learn more about
resources that support healthy living and
extended independent living. Discover helpful
information, tools, and services designed to
empower individuals to maintain their
independence and well-being.

☀️ **Inspirational Corner** ☀️

"There is something so special in the early leaves drifting from the trees—as if we are all to be allowed a chance to peel, to refresh, to start gain."
—Ruth Ahmed

FIREMEN'S DINNER



Firemen's Dinner –
October 21st, 4–6 PM
Join us for an evening of great food and even better company at the annual Firemen's Dinner!

BOOK CLUB

Hosted By: Maureen Sharrock
Council on Aging, Chair
October 1, 2025
at 1:00 PM
Whether you're a seasoned reader or just looking to dive into something new, this club is the perfect to connect with fellow book enthusiasts.
Register Today 978-983-8825

Cribbage for Beginners

Curious about cribbage? Join Frank Savory as he teaches this classic card game starting in October. Perfect for beginners! Call the Center for more information.



 Visit Our Amazing Thrift Shop!
Open Monday–Thursday: 9:00 AM – 3:00 PM

Friday: 9:00 AM – 12:00 PM

Have you stopped by our Thrift Shop lately?

We've got a wonderful selection of clothing, shoes, household goods, and more—all at unbeatable prices! It's just another great reason to visit the Methuen Senior Center today!

Mark your calendar

**Fill a bag \$5.00 – 9:00 to 3:00
November 18, 2025**



Visiting Office Hours with your Public Officials

*Rep. Estella Reyes – October 10
10:00– 12:00*

*Rep. Ryan Hamilton – October 3 & 17
10:00–12:00*

*Senator Pavel Payano – October 3,
10am–12pm*

*Mayor , DJ Beauregard – October 1,
Between 12:00 & 1:00*

*All are welcome to stop in to discuss
issues!*

Join Representative Reyes' Office for Monthly Office Hours

Location: Methuen Senior Center (77 Lowell St,
Methuen, MA 01844)

Time: 10:00 AM – 12:00 PM

When: Every second Friday of the month
Representative Reyes' Legislative Aide, Grace, will
be available to meet with community members
during monthly office hours. Whether you have
questions about legislation, state-wide
initiatives, or local concerns, Grace is here to
listen and assist.

Grace is available to discuss a wide range of
topics, including:

- Concerns about current or proposed state
legislation
- Unemployment assistance
- Housing issues
- Personal advocacy on specific issues affecting
you or your family
- Local and statewide concerns impacting your
quality of life

Whether you want to understand a bill, share
how an issue is affecting you personally, or raise
questions about new policies, Grace is here to
support you. If your issue falls outside her scope,

Grace will work to connect you with the
appropriate resources or agencies. She's here to
ensure your concerns are heard and brought
back to Representative Reyes to advocate on
your behalf at the State House.

No appointment necessary—stop by and say
hello!

2025 veterans upcoming events

Thursday, October 9, 4:00–6:00
Sunset Salute, Golf Course

Thursday, October 16, 9:00–11:00
Veterans' Breakfast, Senior Ctr.

Tuesday, November 11, 10:00
Veteran's Day Parade

Wednesday December 17,
6:00–8:00pm Holiday Party

Information Tables

- October 9th – Cross Culture
- October 15th –Jana Pesce Candidate for
ity Councilor at-Large 9:00–11:00
- October 22nd – Frank Suriollo candidate
for Councilor at-Large 9:00–11:00
- October 23rd Wanda Santos candidate
for City Councilor at-Large
- October 29th John Drew, Candidate for
City Council 9:00 – 11:00
- October 29th Ryan DiZoglio–Candidate
for City Councilor at-Large 11:00–1:00
- October 30th Marybeth Donovan –
candidate for School Committee 9:00–
11:00

Join Congresswoman Lori Trahan's legislative aids at the Senior Center

Monthly Office Hours Wednesday October 8, 2025 from 10:00am
– 2:00 PM

No appointment is necessary. Stop by to share any issues,
concerns, or questions you may have. This is a great opportunity
to connect directly with your representative and make your
voice heard.

*Trip Talks
Hosted by
Collette Vacations*



Join Collette for a slideshow

When: November 6, 2025

Time: 10:00am

*Join Sam Trapani from Collette
Vacations for an Informative
Presentation detailing our
2025-2026 Extended Trips*

Taco Truck & Mariachi Band Fiesta!



October 7th at 1:30–3:00 PM

**Spice up your afternoon with delicious
tacos and lively music! Join us for a
festive celebration featuring a taco truck
serving up tasty treats and a live
Mariachi band bringing vibrant energy
and fun. Don't miss this flavorful fiesta!**

AARP Smart Driver Safety Course

On October 16, 2025 AARP
will be giving a driver safety
course. The fee is \$20 for
AARP members and \$25 for
non-members. The course
will run from 9:30AM to 2:30
PM with a break for lunch.
Bring a lunch



Flow into Fall with Tai Chi

**Meet Our New Tai Chi Instructor –
Sharon Pei!**

**We're excited to welcome Sharon Pei
to the Methuen Senior Activity Center
as our new Tai Chi instructor. Sharon
brings a wealth of experience and a
calming presence to each session.**

**Classes will begin on Tuesday,
October 7, so mark your calendars
and get ready to move mindfully!**

*Big thanks... To all the volunteers that help to make the Methuen Senior Activity Center the best possible.
To all the participants that come and spend time with us, we appreciate you so very much. To all that
donate to our Thrift Shop, we can't thank you enough for the donations you bring to us! To all the N.E.E.T.
Drivers who take our seniors to and from medical appointments, from the bottom of our hearts, THANK
YOU!*

*Everything that you do for and with us makes a difference! Whether you come to the center to partake in
programming or extend a helping hand, everything is appreciated!*

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15 Aeroflex & weight with Pat ~	8:45-9:30 Cardio Aerobics & weights with Val ~	8:30-9:15 Balance, Bones & Brain with Brian ~	8:30-9:15 Gentle Yoga with Pat ~	8:30-9:15 Yoga with Joan ~
9:30-10:15 Gentle Yoga with Pat ~	9:00-11:30 Ceramics ~	9:00-11:00 Quilting ~	9:00-11:00 Blood Pressure Clinic ~	9:00-11:00 Quilting Circle ~
10:00-12:00 Painting ~	9:00-11:00 Blood Pressure Cline ~	9:30-10:15 Balance, Bones & Brain with Brian ~	9:30-10:15 Aeroflex & Weights with Pat ~	9:30-10:15 Yoga with Joan ~
1:00-3:00 Mahjong	9:30-10:15 Line Dancing with Val ~	10:30-11:15 Cardio Drumming ~	12:30-3:00 Bridge Group ~	10:00-11:00 Photography ~
	12:30-3:00 Ceramics ~	10:00-12:00 Painting ~	1:00-3:00 Happy Hearts Chorus ~	10:30-11:15 Line Dancing ~
	12:30-1:15 Tai Chi/Qi Cong ~	2:30-3:45 Adopt A Grandparent ~	1:00 Whist ~	
	1:00 Beginner 45's ~			
	1:00-3:00 Dominoes			

45's TOURNAMENTS
sponsored by Cedar
View



Come play 45's
All are welcome!

Monday, October 6th at
12:30-3:00pm and every
Wednesday in October
from 5:30-7:00pm
\$3.00 to play

August 18th Winners:
1st Mae Tetler & Steve Windle
2nd Amy Cardillo & Dottie Pepe

September Winners to be
announced in November
newsletter

**US vs. THEM – 45's
Tournament**

October 20th
12:30-3:30 PM

Join us for a fun and
friendly showdown as the
Methuen Police
Department takes on our
spirited seniors in a lively
45's card tournament!
Come cheer on your team,
enjoy some laughs, and
celebrate community
camaraderie. Let the
games begin!

S.H.I.N.E

Are you retiring soon?
Looking for answers to
questions on Medicare and
your options for Health
Insurance?

Our S.H.I.N.E. Counselor
is available in person
during open enrollment.
Call 978-983-8825

Bring to your appointment
Medication list and dosage,
medicare user name and
password, Mass Health card

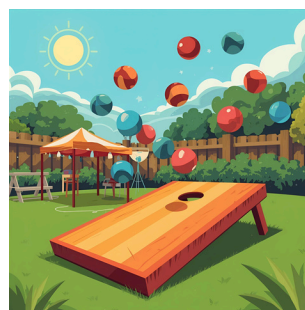
Open Enrollment Info
Session – October 20, 2025
Join us for an Information
session with SHINE from 6 – 8
PM

Key Tech Classes

Monthly Series for seniors.

Struggling with your phone, iPad, or other
devices? Join our Key Tech classes, designed
specifically for seniors to help you feel more
confident with everyday technology. This 12-
session series meets once or twice a month,
offering hands-on guidance in a friendly,
supportive environment. Space is limited-
registration is required.

Only 3 classes left
October 6th, 20th, & Nov. 3rd



Cornhole

Interested in
Cornhole?
Call the Center
today to sign up
and join the fun!

KARAOKE

**KARAOKE
TIME**

**Once a month at
1:30
WITH DON RICCIO**

October 14, 2025

Walking Club with Regina McCarthy

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

**Tuesdays, October 14th & 28th
10:30 AM**

**Meet at the Railroad Depot
Weather permitting**

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

THE TALK

Everyone is welcome to join The Talk October 9th and 23rd from 10:30 AM to 12:00 PM for lively conversation and thoughtful discussion on current events. It's a great way to connect with others, share ideas, and stay informed in a relaxed and friendly setting. Come be part of the conversation!

PATH Program

The PATH Methuen **Community Response Team** is excited to begin holding office hours at the Methuen Senior Activity Center!

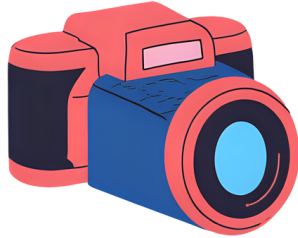
The PATH program is a collaboration between the City of Methuen and Front Line Community Services. PATH provides access to mental health services ranging from Crisis Intervention. Along side Methuen Police Department, our new Community Response team and Rapid Outpatient providing access to short-term therapy. The Community response team will be hosting office hours at the Methuen Senior Activity Center. Hours are for anyone who has questions in regard to mental health, is seeking access to resources, or just want to chat. This is a free resource. Stop by and say hello

For more information call 978-983-8825

Community Response Team
**Hours: Tuesday 12-4 pm &
Wednesdays 12-3 pm**

KINDNESS ROCKS
with Yvonne Paplaskas
October 3rd & 17th, 2025 at
10:00am

Photography Classes



Photography Classes with Nancy Reardon – 6-Week Session
Join instructor Nancy Reardon for a fun and informative 6-week photography class, running every Friday, September 19 through October 31 from 10–11 am. Whether you're a beginner or just looking to sharpen your skills, no experience is necessary—just bring your camera! Learn the basics of lighting, capturing still and action shots, and more.
Cost: \$20.00 for the full session.

Bocce

Try Something New—Bocce! Join us for a fun and friendly game of Bocce on Tuesday, October 21st from 10 AM to 12 PM! Whether you're a seasoned player or brand new to the game, all are welcome to come roll, laugh, and enjoy the morning together. No experience needed—just bring your enthusiasm!

Olive Garden Lunch

Olive Garden Lunch –
Wednesday, October 15,
2025

Enjoy a delicious lunch served by Olive Garden from 1:00–2:00 PM at the Methuen Senior Activity Center!

This event is first come, first served, and each person must sign up individually.

Space is limited, Now signing up for Nov. 19th



Karen Ferullo, RN, City of Methuen Public Health Nurse will offer Flu Shots,

**Thursday, October 2, 9, 16, 23, 30
11:00 AM – 3:00 PM**

**Appointments are necessary
Call 978-983-8825**


**Please bring Insurance card
to your appointment**

**Karen will also be available during
October extended hours on
Wednesdays from 4:30PM to
7:00PM**

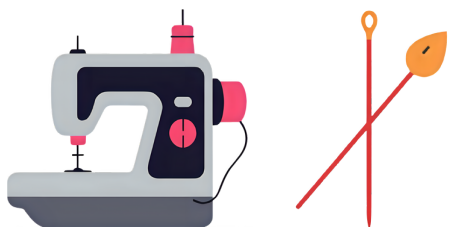


BINGO

Monthly Bingo Fun at the Senior Center!

 Join us for an exciting round of Bingo this October! Mark your calendars for Monday, October 27th. Whether you're a seasoned player or new to the game, come enjoy friendly competition, great company, and fun. All are welcome—bring your lucky charm and let's play!

Sewing Guild



The Sewing Guild meets once a month, starting at 12:00 PM. Our next meeting is on Tuesday, October 7, 2025 at the Methuen Senior Activity Center.

Come share your projects, learn new techniques, and connect with fellow sewing enthusiasts!

Monthly Birthday Club

We are excited to celebrate
YOU!

On October 23, 2025 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.

The Methuen Council on Aging provides the following services and programs. For more information, call the Center Monday through Thursday from 8 am – 4 pm and Friday from 8 am – 12:30 pm 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 every Tuesdays and Thursdays 9:00 to 11:00
- Health proxy forms, Homestead Act application
- Telephone outreach reassurance calls
- recreational activities and events such as: Ice cream socials, lunch and dance events,, and monthly and weekly games including Mahjong, scrabble, card games, 45's tournaments, and so much more!



*Free Legal Clinic
With Attorney Peter McQuillan
Call to make an appointment. All appointments are
for 15 minutes. October 15, 2025*

IMPORTANT ANNOUNCEMENT

PRE-REGISTRATION IS NOW REQUIRED FOR ALL PROGRAMS

Please pre-register by 1.) calling 978-983-8825
2.) stopping by at the methuen Senior Activity Center, 77 Lowell St., Methuen

October 1 - **Extended Hours**
 October 2 - 11:00-3:00 Flu Clinic
 October 3 - 10:00 - 12:00 Rock Painting
 October 3 - 10:00-11:00 Photography
 October 6 - 12:30-3:00 45's sponsored by Cedar View
 October 6 -10:00 KevTech
 October 7 - 12:30-1:15 -Tai Chi resumes w/ Sharon Pei
 October 7- 1:30-3:00 Taco Truck & Mariachi Band
 October 7 - Sewing Guild
 October 8 - 10:00-2:00 Lori Trahan - Office Hours
 October 8 - **Extended hours**
 October 9 - 10:00 Healthy Living (Spanish)
 October 9 - 11:00-3:00 Flu Clinic
 October 10 - 10:00-11:00Photography
 October 13 - **CLOSED**
 October 14 - Karaoke 1:30
 October 15 - 1:00-2:00 Olive Garden
 October 15 - 9:00 - 11:00 Jana Zanni Pesce
 Info table- Candidate for City Councilor at-Large
 October 15 - Atty McQuillan
 October 15 - **Extended Hours**
 October 16 - 9:00 Veteran's Breakfast - sponsored by McDonalds

October 16 - 9:00 - 3:00 AARP Safe Driving
 October 16 - 11:00-3:00 Flu Clinic
 October 17 - 10:00 - 12:00Rock Painting
 October 17 - 10:00-11:00 Photography
 October 20 - 10:00 - KevTech
 October 20- 12:30 - 45"s US vs. THEM
 October 21 -10:00 - 12:00 Bocce
 October 21 - 4:00 - 6:00 Firemen's Dinner
 October 22 - 9:00-11:00 Frank Suriollo
 Candidate for Councilor at-Large
 October 22 - **Extended Hours**
 October 23 9:00-11:00 Wanda Santos -
 Candidate for City Councilor at-Large
 October 23 11:00- 3:00 - Flu Clinic
 October 23 1:00-3:00 Ice Cream Social with Mayor DJ Beauregard
 October 27 - 1:00 - 3:00 - BINGO
 Sponsored by Cedar View
 October 29 9:00-11:00 - John Drew -
 Candidate for City Councilor at-Large
 October 29 - 1:00 3:00 **Halloween Party with DJ Mark Rich**
 October 29 - 11:00-1:00 Ryan Dizoglio-
 Candidate for Councilor at-Large
 October 29 - **Extended Hours**
 October 29 - 2:00-4:00 **Halloween Dance**
 October 30 -9:00-11:00 Marybeth Donovan
 Candidate for School Committee
 October 30 - 11:00-3:00 Flu Clinic

The following groups meet at the same days and times each month

- Ambassador Coffee Hour held the second Tuesday of the Month at 10am
- Beginners 45s meets every Tuesday at 1pm
- Lost in 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 pm
- Sewing Guild - First Tuesday of the month at 12:00
- Bridge - Every Thursday from 1-3 pm
- Mahjong - Every Monday from 1-3 pm
- Dominoes - Every Tuesday 1-3 PM

Methuen Senior Activity Center
 77 Lowell Street, Methuen ,MA 01844
 M-TH 8am-4pm, Friday 8am-12:30pm
www.methuen.gov/seniorcenter

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 978-983-8825