

# Methuen Senior Activity Center

October 2025

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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](http://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 23<sup>rd</sup> 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**

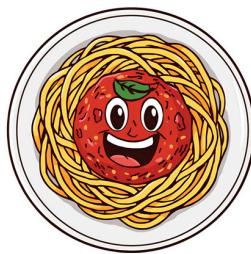
Stop by the Cross Cultural CareLink table on Wednesday, October 9 to learn more about resources that support healthy living and extended independent living. Discover helpful information, tools, and services designed to empower individuals to maintain their independence and well-being.

## **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 again."

-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!

## **Information Tables**

- October 9<sup>th</sup> - Cross Culture
- October 15<sup>th</sup> -Jana Pesce Candidate for City Councilor at-Large 9:00-11:00
- October 22<sup>nd</sup> - Frank Suriollo candidate for Councilor at-Large 9:00-11:00
- October 23<sup>rd</sup> Wanda Santos candidate for City Councilor at-Large
- October 29<sup>th</sup> John Drew, Candidate for City Council 9:00 – 11:00
- October 29<sup>th</sup> Ryan DiZoglio-Candidate for City Councilor at-Large 11:00-1:00
- October 30<sup>th</sup> 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 Clinic	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:  
1<sup>st</sup> 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

## Kev Tech Classes

### Monthly Series for seniors.

Struggling with your phone, iPad, or other devices? Join our Kev 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 6<sup>th</sup>, 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 14<sup>th</sup> & 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 9<sup>th</sup> and 23<sup>rd</sup> 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!

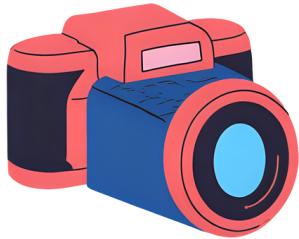
The PATH program is a collaboration between the City of Methuen and Front Line Community Services. PATH provides access to mental health services ranging from Crisis Intervention. Along side Methuen Police Department, our new Community Response team and Rapid Outpatient providing access to short-term 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 3<sup>rd</sup> & 17<sup>th</sup>, 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. 19<sup>th</sup>



**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**



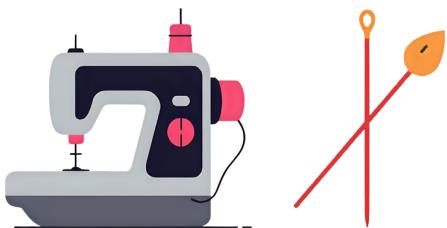
# BINGO

## 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](http://Methuen.gov/seniorcenter) then click newsletter, for the latest information**

- Exercise Classes and Workout room with treadmills, elliptical, and recumbent bikes
- Daily hot lunch program and meals on wheels
- Transportation for medical appointments
- Senior/Disabled Property tax relief work program
- TRIAD Senior Safety Programs
- Financial and retirement planning workshops
- Thrift Shop
- Educational and Life Enrichment programs
- Happy Hearts Choral Group
- Advocacy workshops information
- Trips: Day and Overnight and Extended Tours
- Support Counseling for 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 - 10:00-11:00 Photography  
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 - 12:00 Rock 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 3<sup>rd</sup> 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](http://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