



# Methuen Senior Activity Center

December 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).



## Veterans Holiday Luncheon & Expo – December 17, 2025

We want to celebrate our veterans during this special holiday season! Join us on Wednesday, December 17 from 11:30 AM to 2:30 PM for a Veterans Luncheon hosted by McDonald's.

At the same time, we'll be hosting a Veterans Expo with many agencies on hand to share valuable resources and support.

To learn more about the Expo, please contact the Methuen Veterans Office at 978-983-8585.

We will also feature festive Christmas carols in Spanish performed by students from Fellowship Christian Academy.



# Joyful Connections

🎄 Holiday Greetings from the Methuen Senior Activity Center 🎄

As the year draws to a close, we gratefully reflect on the joy, laughter, and community we've shared throughout 2025. From lively events to quiet moments of connection, every day we spend together has been a gift. This holiday season, we send our heartfelt thanks to all of you, our dear members, volunteers, and friends, for making the Senior Center a place of warmth, friendship, and belonging. Your spirit and energy continue to inspire us.

May your holidays be filled with peace, love, and good health. We look forward to welcoming a bright new year together, filled with more memories, more smiles, and more reasons to celebrate.

🌟 Mark your calendar!

Join us in December for our holiday open house December 11th.

Highlights include:

Happy Hearts Choir Concert at 1:00 PM

All-day jewelry sale - perfect for holiday gifts!

With warm wishes,

The staff of the Methuen Senior Activity Center



🎄 Join Us for the 3rd Annual Holiday Christmas Concert!

The Happy Hearts Chorus of the Methuen Senior Activity Center is thrilled to present its 3rd Annual Holiday Christmas Concert on Saturday, December 13th at 1:00 PM at the Methuen Memorial Music Hall.

Performing at the Music Hall has long been a dream for the Happy Hearts, and we are delighted to be welcomed back! This special event is made possible through the dedication of Sue Riccio, Executive Director of the Methuen Senior Activity Center, and the generosity of the Board of Trustees of the MMMH and Ashley Hazeltine, its Executive Director.

A heartfelt thank you goes to Richard Payeur, owner of Payeur Silk Flowers in Lawrence, MA, for his continued sponsorship of this concert for the second year in a row. Rick's support means so much to us!

Under the leadership of Choral Director Annemarie Morse and Music Director Steve Alfano, the Happy Hearts have been sharing music with the Merrimack Valley for over 40 years, performing at nursing homes, assisted living facilities, and the Senior Activity Center.

Admission is free and open to the public—come celebrate the season with us!

## DONATIONS

Plan Ahead, Leave a Legacy  
The Methuen Senior Activity Center gratefully accepts estate donations. Consider making a lasting impact by bequeathing part of your estate to support programs and services that enrich the lives of our seniors. Your generosity helps ensure a vibrant future for our community.



## Holiday Breakfast Postponed



Please note that the Holiday Breakfast originally scheduled for **December 6th** has been **postponed** to accommodate the SNAP program food collection. All proceeds from the event will benefit the Methuen Senior Activity Center Scholarship Fund. A new date will be announced soon — **stay tuned for updates!**

## THANK YOU FOR ALL YOU CONTRIBUTED TO THE SERVICES AND PROGRAMMING IN NOVEMBER WHICH INCLUDES:

- Cedarview for Sponsoring the 45's Tournament and Bingo
- Maureen Sharrock, C.O.A. Chair for the monthly Book Club
- Regina McCarthy for the monthly Walking Club
- Frank Savory for introducing cribbage to our seniors
- Atty Peter McQuillan for the free 15 minute consultations
- Methuen Police Department 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 partners:

- McDonalds, Texas Roadhouse and the Olive Garden



**Clear Path for Veterans, New England**  
**Methuen Senior Activity Center is proud to announce: Clear Path for Veterans, New England will host monthly office hours beginning Friday, December 5th and 19th 9:00-11:00 AM**

## METHUEN ELDER AFFAIRS STAFF

Council on Aging Staff  
Susan Riccio, Executive Director  
Maribet Torres, Confidential Secretary  
Cheryl McQuillan, Outreach  
Liz Otto, Assistant Director  
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 November 2025 winners:

**Amy Corriveau \$180.41**  
**Thomas Savastano \$108.25**  
**Karen Ferullo \$76.16**

Three chances to win each month!  
sign up today!



You drive when and where you want.

Mileage reimbursement and supplemental insurance is provided.



[driveforneet.org/volunteer](http://driveforneet.org/volunteer)

## 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!

## Give the Gift OF A LIFT!

Northern Essex Elder Transport, Inc. (NEET) is a non-profit organization providing non-emergency medical transportation for older adults utilizing volunteer drivers.

This is a unique, personal and flexible volunteer opportunity that works around your schedule.

Won't You Give the Gift of a Lift?



Scan here to volunteer today!!

## Giving Tree



**Giving Tree Reminder 🎁**  
**Help us spread holiday cheer**  
**to our homebound seniors!**

**Our Giving Tree is up and ready—please consider taking a tag and purchasing a gift for one of our cherished community members.**  
**All gifts must be returned to the Methuen Senior Activity Center by Friday, December 12th to allow time for wrapping and delivery before Christmas.**

**Your generosity makes the season brighter for those who need it most. Thank you for giving from the heart!**



## BOOK CLUB

**Hosted By: Maureen Sharrock**  
**Council on Aging, Chair**  
**December 3, 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



**Let's Play Cribbage.** Whether you are a seasoned player or just starting out, join Frank Savory as he teaches this classic card game. Join us every Friday from 10:00-11:30. December games will be on the 5th, 12th, and the 19th Call the Center for more information and sign up.

 **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!*



## **Visiting Office Hours with your Public Officials**

**Rep. Estella Reyes – December 12  
10:00- 12:00**

**Rep. Ryan Hamilton – December 5 & 19  
10:00-12:00**

**Senator Pavel Payano –December 5,  
10:00-12:00**

**Jana Zanni Pesce – Councilor-at-large  
December 8 11:00-12:00**

**Mayor , DJ Beauregard – December 3,  
Between 1:00 & 2:00**

**Paul Jensen –December 18, 10:00-12:00**

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

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## **December 2025 veterans events**

**Wednesday December 17, Veterans  
luncheon and Expo 11:30 am-  
2:30pm**

**Wednesday December 17, 6:00-  
8:00pm Holiday Party**

**Veterans Office hours with Paul  
Jensen December 18<sup>th</sup> 10:00-12:00**

## **Information Table**

**Giving Tree Senior  
Living & Care  
Community -Date and  
time to be determined**

### **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!

## **Memorials**

**The Senior Center would like to  
thank Cindy Ciofalo for her  
generous donation in memory of  
her loving parents Russell and  
Claire Bonneau**

**Memorial donations received by  
the Center will be used for special  
memorial items only  
Memorial cards are available at  
the Center Office.**

## **Monthly Birthday Club**

**We are excited to celebrate YOU!  
On December 11, 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.** 6

# Living Well: Stories, Books & Movies

## ★ Be in the Spotlight ★

Starting in January ! We want to celebrate YOU! Your stories and ideas inspire our community—let's make them sparkle. Share your stories with us and inspire others. Tell us about:

- A past event that made you smile
- Your favorite vacation or adventure
- A true love story that warms the heart

We also welcome your wellness tips, a favorite recipe, or even your favorite movie and book recommendations. Every experience you share helps make our community stronger—and we'd love to feature yours in an upcoming newsletter!

 Submit your story or tips to the office today.  
Let's make our community shine together!



## **Senior Center Announces Activities Coordinator**

It is with pleasure that we announce Johanna Cordon as our new

### **Activities Coordinator at the Methuen Senior Activity Center**

We are thrilled to introduce Johanna as the New Activities Coordinator. Johanna brings a boundless passion for service and a warm, welcoming spirit that lights up every room.

Her mission is simple and powerful: to make everyone feel seen, valued, and respected.

Johanna is a devoted mother of four amazing children and a proud grandmother of 11 grandchildren, with three being bonus grandchildren. Recently embraced the joy of marriage, she brings warmth, resilience, and a playful spirit to every day, whether cheering on family, nurturing her relationship, or lending a helping hand to loved ones and friends.

As our new Activities Coordinator, Johanna will:  
Create engaging, inclusive programming that sparks joy and connection

Lead community events that bring neighbors together and celebrate our diverse strengths

Champion senior-led ideas, ensuring activities reflect what our community loves

Elevate our spaces with thoughtful touches that make everyone feel at home.



## Holiday Open House - Thursday, December 11, 2025

Join us for a day of holiday cheer at the Methuen Senior Activity Center! Our Holiday Open House will be happening all day, featuring festive treats, warm company, and joyful activities.

### ⭐ Special Highlights:

🎵 Happy Hearts Chorus Concert at 1:00 PM – Come enjoy the sounds of the season!

💎 All-Day Jewelry Sale – Find the perfect gift or treat yourself!

Let's celebrate the season together with music, sparkle, and community spirit!



*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	1:00-3:00 Happy Hearts Chorus	10:00-11:30 Cribbage
12:30-1:15 Tai Chi/Qi Gong Sharon Pei	2:30-3:45 Adopt A Grandparent	~	1:00 Whist	10:30-11:15 Line Dancing
~	~	~	~	~
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, December 1st, 15th  
and 29th at 12:30-3:00pm**

\$3.00 to play

**October 6, 2025 Winners:**

1<sup>st</sup> Roland Morin & Pat  
Barcellona

2<sup>nd</sup> Irene Galluccio & Roland  
Ahles

**October 20, 2025**

1<sup>st</sup> Earlene Daigneault & Amy  
Cardillo

2<sup>nd</sup> Jan Cooney & Victor  
Hidish

3<sup>rd</sup> Kitty Garside & Aura Fluet

November Winners to be  
announced in January  
newsletter

**Learn and Play the Ukulele**



**Do you have a Ukulele that's  
gathering dust? Do you want to  
learn and play a ukulele with  
friends?**

**For more information Call Aura  
at 978-390-1640 or Annmarie at  
336-626-2181**



**Join the Indoor Cornhole Fun This Winter!**

**Stay active and social during the colder months with  
indoor cornhole at the Center. Whether you're a  
seasoned player or just looking to try something new,  
we'd love to have you join us. Interested? Call the Center  
to sign up today!**

# KARAOKE



**KARAOKE  
TIME**

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

**December 16, 2025**

## Kindness Rocks

### **Rock Painting with Yvonne Paplaskas**

**Join us for a heartwarming and creative experience! Yvonne Paplaskas will lead a Kindness Rocks rock painting class on Thursday, December 5th & 19th, 2025 at 10:00 AM. Spread joy and positivity through art as we decorate rocks with uplifting messages and colorful designs.**

**All materials provided. No experience necessary—just bring your imagination and kindness!**

# THE TALK

Everyone is welcome to join The Talk December 4<sup>th</sup> and 18<sup>th</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**

# Sewing Guild



The Sewing Guild meets once a month, starting at 12:00 PM. Our next meeting is on Tuesday, December 9, 2025 at the Methuen Senior Activity Center.

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



## Jingle Beats – Holiday Drum Class

**Get ready to move, groove, and spread some holiday cheer! Join Paula for a festive cardio drumming workout at the Methuen Senior Activity Center on Wednesday, December 3rd at 2:30 PM.**

**This fun and energizing class is a great way to stay active while celebrating the season. 🎶🌟**  
**Please bring a canned good to donate to the Methuen Senior Pantries — let's come together to give back to those in need this holiday season!**

### 🎉 Monthly Bingo Fun at the Senior Center! 🎉

**Join us for two exciting rounds of Bingo this November! Mark your calendars for Monday, December 8<sup>th</sup> and 22nd. 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!**

**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. December 17, 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

December 1- 12:30-3:00 45's  
December 3- 2:30 Jingle Beats -  
Holiday Drum Class  
December 3 - 1:00 - 2:00 Book Club  
December 4 - 10:30-12:00 The talk  
December 5 - 10:00 - Rock Painting  
December 5 - 9:00-11:00 - Office  
hours with Clear Path for Veterans  
December 5 - 10:00-11:30 Cribbage  
December 8 - 1:00 BINGO  
December 9 - Sewing Guild  
December 11 - 9:00-3:00 Holiday  
Open House  
December 11 - 1:00 - Happy Hearts  
December 11 - Monthly Birthday Club  
December 12 - Giving Tree Deadline  
December 12 - 10:00-11:30 - Cribbage  
December 12 - Bingo with Senator  
Payano  
December 12 - 10:00 Cribbage  
December 13 - 1:00 Happy Hearts at  
Methuen Music Hall  
December 15 - 12:30-3:00 45's  
December 16 - Karaoke

December 16 - Mobile Market  
December 17 - 9:00- 11:00 Atty  
McQuillan 15 min. consultation -  
sign-up required  
December 17 -11:30-2:30 -Veterans  
Holiday Luncheon and Expo  
December 17 - 10:00 Lost in Transition  
December 17 - 1:30 Carols in Spanish  
with the Fellowship Christian  
Academy  
December 18 - 10:00-12:00 Office  
Hours for Veterans with Paul Jensen  
December 19 - 9:00-11:00 - Office  
hours with Clear Path for Veterans  
December 19 - 10:00 Rock Painting  
December 19 - 10:00 Cribbage  
December 22 - 1:00-3:00 BINGO  
December 24 - **Closed**  
December 25 - **Closed**  
December 26 - **Closed**  
December 29 - 45's  
December 31 - **½ Day closed at noon**

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

- 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 Tuesday & 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
- Cribbage- Every Friday 10:00-11:30

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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)

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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