

Methuen Senior Activity Center

January 2026



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.

2026 Wellness Roadmap — Methuen Senior Activity Center

Welcome to a fresh year at the Methuen Senior Activity Center. Our goal for the next 12 months is simple: help every senior look, feel, and live healthier. Each month will be focused on improving daily habits—better eating, more movement, and reduced isolation—while meeting people where they are and building strong friendships. If you are caring for a loved one with dementia, Alzheimer's, or any other medical need, we also want to make sure you are taking care of yourself — we will have caregiver self-care seminars and supports in place for you as well.

What to expect

- Monthly wellness themes and health fairs to provide education and screening.
 - Ongoing and expanded clinics (blood pressure and more).
- Caregiver self-care seminars and resources: workshops for family and informal caregivers covering stress management and burnout prevention, practical tips for dementia and chronic-care caregiving, respite options, home safety and medication basics, navigating community and medical resources, and connecting with local support groups.
 - Social and recreational programs to keep minds and bodies active: 45s, mahjong, dominos (including a domino tournament with neighboring Merrimack Valley Senior centers), gentle yoga, tai chi, painting, ceramics, quilting, crafts, and more.
 - Skill-building and volunteer training to strengthen our programs and community support.
- Outreach to isolated seniors — if you know a senior who is often home, please invite them to visit the Center.

Our mission is to grow a stronger, healthier, and wiser community—one month, one activity, one friendship at a time. We look forward to a vibrant year ahead, supporting both seniors and the caregivers who care for them.

Together in Joy

☀️ A New Year, A New Chapter ☀️

Dear Friends,

As we step into this new year together, let's embrace the promise of fresh beginnings and the joy of shared moments. Every day is an opportunity to learn, laugh, and connect. Your wisdom and spirit make our community stronger, and we can't wait to create more memories with you in the months ahead.

Let's celebrate the possibilities that lie ahead—new friendships, new experiences, and the simple joys that make life beautiful. Here's to a year filled with health, happiness, and hope!

Together, we make every day brighter.

Here are just a few highlights for the New Year!

Health and wellness throughout the year
8 weeks of Balance tips beginning in January
Adopt-a-Grandparent program has returned

Warm wishes,

The staff of the Methuen Senior Activity Center



Weather Advisory – An Important Message



If the Methuen Public Schools are closed all activities at the Methuen Senior Activity Center are cancelled. If the Methuen Public Schools have a delay then the Center also has a delay.



A Heartfelt Thank You!

We extend our warmest gratitude to everyone who participated in the Giving Tree. Your generosity brought joy and brightened the holidays for our homebound seniors. Thank you for making a difference!

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.

Memorials

We would like to thank the following for their generous donations:

From Barb & Ron Kobrenski in memory of
Joanne Rader

From Linda Hamel in memory of Constance
Kennedy

From Carol Smith in memory of Constance
Kennedy

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

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

- Cedarview for Sponsoring Bingo and 45's in December
- Maureen Sharrock, C.O.A. Chair for the monthly Book Club
- Frank Savory for weekly cribbage for our seniors
- Atty Peter McQuillan for the free 15 minute consultations
- Clear Path for hosting biweekly office hours for Vets
- (Community Response Team) for hosting weekly office hours
- Methuen Health and Human Services
- Methuen D.P.W.,
- Yvonne Paplaskas for Kindness Rocks
- Jacque 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 for their continued support



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 on Friday, January 3rd and 17th 9:00–11:00 AM

METHUEN ELDER AFFAIRS STAFF

Council on Aging Staff

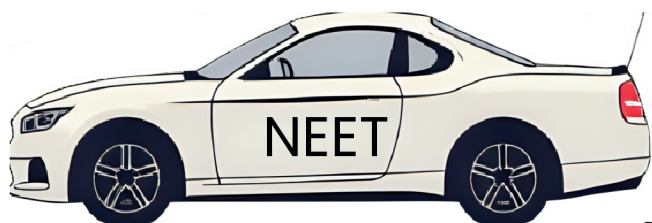
Susan Riccio, Executive Director
Liz Otto, Assistant Director
Maribet Torres, Confidential Secretary
Cheryl McQuillan, Outreach
Johanna Cordon, Activities
Coordinator
Domenic Alaimo, Custodian

Council on Aging Board

Maureen Sharrock, Chair
Dr. Donald Marcus, DVM, Treasurer
Christine Metzemaekers
Stephan Alfano
Judith Anselmi
Aura Fluet

The Methuen Council on Aging currently has two openings on its Board. This is a wonderful opportunity to make a difference in the lives of older adults in our community. The purpose of the Council is to advocate on behalf of the Methuen elderly population in addressing their needs by identifying and developing community resources of assistance. This is a 7 member board with a 3 year term.

You must be a resident of Methuen. To complete an application see the city of Methuen website. Talent Bank.



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.

driveforneet.org/volunteer

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
Randi Mayfield, 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!

Winners 50/50 club

**Congratulations to the
December 2025 winners:**

Lillian Lemieux \$185.16
Joline Pomerleau \$110.10
Clarence Boynes \$74.06

Three chances to win each
month!
sign up today!

Exciting News from UMass Amherst!

We're exploring interest in launching an 8-week Healthy Living Course, in Spanish. Starting this March is perfect timing for those New Year's resolutions we all want to stick with! This fun and supportive program will cover:

Nutrition

Each session will be 1 hour long, once a week, for 8 weeks. Together, we'll learn, stay motivated, and hold each other accountable. We're here to help you start strong and stay strong through 2026!

Program Start:
We will announce the start date in our February newsletter

Let's make this New Year the start of a healthier, happier you—together!



BOOK CLUB

Hosted By: Maureen Sharrock

*Council on Aging, Chair
January 7, 2026
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 10:00–12:00. January games will be on the 2nd 9th 16th 23rd, and the 30th. 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!

Fill a bag for \$5.00
Tuesday January 20th



Visiting Office Hours with your Public Officials

*Rep. Estella Reyes – January 9
10:00– 12:00*

*Rep. Ryan Hamilton – January 2 & 16
10:00–12:00*

*Senator Pavel Payano – January 2 & 16,
10:00–12:00*

*John Drew– Councilor-at-large–January 13,
8:00–9:00*

*Mayor , DJ Beaugard – January 7,
Between 1:00 & 2:00*

Paul Jensen – January 15, 10:00–12:00

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

Clinic Hours

For Karen Ferullo, RN



**Continuing through 2026
Karen will be in 11–4 on Tuesdays
and all day on Thursdays**

**Free Help Filing Your Taxes –
Methuen Senior Center**

**AARP Foundation Tax-Aide provides
tax assistance to anyone, free of
charge, with a focus on taxpayers
who are over 50 and have low to
moderate income. You don't need to
be an AARP member to use this
service.**

**AARP volunteers will start taking
appointments sometime in mid-
January.**

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!

Monthly Birthday Club

**We are excited to celebrate YOU!
On January 22, 2026 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.**

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. The deadline for our February newsletter is January 14, 2025

Let's make our community shine together!



Stay Steady, Stay Strong!

Matter of Balance – An 8-Week Course

Dates: Tuesday January 13 – March 3

Do you want to feel more confident on your feet?

Learn practical ways to prevent and manage falls

Improve your balance, flexibility, and strength

Build confidence and stay independent

If you've fallen recently or worry about falling, this program is for you!



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!

BINGO

Sponsored by

Always a Step Beyond

Special BINGO Event!
Join us on Thursday,
January 15th for a fun-filled
BINGO experience offered in
both Spanish and English.
Enjoy exciting games, great
prizes, and tasty snacks.
Don't miss out—come play
and share the fun!



Sewing Guild

The Sewing Guild meets once
a month, starting at 12:00 PM.

Our next meeting is on
Tuesday, January 13, 2026 at
the Methuen Senior Activity
Center.

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

Be Ready to Save a Life with Hands-Only CPR

It's easy to learn. You can
increase the chance of
someone surviving a
cardiac emergency by
taking a FREE American Red
Cross 30-minute class.
January 21, 2026



🎉 Monthly Bingo Fun at the
Senior Center! 🎉

Join us for two exciting
rounds of Bingo this January
Mark your calendars for
Monday, January 5th and
26th. 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!



FREE Emergency Preparedness Training

Register for FREE lifesaving Red
Cross Emergency Preparedness
Training.

January 14, 10:00

**Build confidence by learning
simple steps you can take now, to
help and protect yourself and your
family.**

**Hosted by the American Red
Cross.**

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 ~	10:00-11:30 Cribbage -
	12:30-3:00 Ceramics ~	10:00-12:00 Painting ~	1:00-3:00 Happy Hearts Chorus ~	10:30-11:15 Line Dancing ~
	1:00 Beginner 45's ~	2:30-3:45 Adopt A Grandparent ~	1:00 Whist ~	
	1:00-3:00 Dominoes			

**45's TOURNAMENTS
sponsored by Cedar
View**



Come play 45's
All are welcome!

**Monday, January 12th,
and 26th at 12:30-3:00pm**
\$3.00 to play

**November 17, 2025
Winners!**

- 1st Tom Mullins & Marie
Wolfendale
2nd Carol Tudisco & Earlene
Daigneault

2nd Marge Cioffi and Lillian
Gagliardi

December Winners to be
announced in the February
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?**

**1st meeting is January 8, 2026
10:00 - 12:00 in Lower Lounge**

**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**

January 20, 2026

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
Friday January 2nd & 16th, 2026
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 January 15th 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 Respons3 Team
Hours: Tuesday 12-3 pm &
Wednesdays 9-11 am

NEW TRIPS



Exciting News for 2026!

Get ready for an unforgettable year of adventures. We're thrilled to share a sneak peek of our upcoming trips for the New Year—packed with fun, discovery, and great company. Stay tuned for details and start planning your next journey with us!

1. **March 11, 2026** – “Irish Celebration” with DJ Mark Rich with Irish step dancers at the Casleton in Windham, NH.
2. **April 23, 2026** – “Dine and Dance” Enjoy the beautiful White Mountains of NH. at the IndianHead esort! Serving a lunch buffet and dancing with DJ Mark rich
3. **May 20, 2026** – “The Eagles Experience” at the Venezia! – recreation of the legendary band in concert with accuracy and authenticity.
4. **June 18, 2026** – “Hampton Beach Sand Sculptures” with a lobster bake at Foster’s
5. **July 14, 2026** – “The Tall Ships will be coming to Boston” Lunch and a boat ride – more details to follow.
6. **August ?** – Rhode Island Bay Lighthouses and Newport Harbor Cruise. More details will follow.
7. **September 23, 2026** – “The Northshore Music Theatre” with lunch at the Danversport Yatch Club. See “Come from Away” an uplifting musical based on the true story of how the small town of Gander, Newfoundland, welcomed nearly 7,000 stranded airline passengers after the September 11 attacks.
8. **October 21, 2026** – “Cape Cod Central Railroad – Luncheon and a train ride
9. **November 16, 2026** – JKF Library and Museum. Lunch details will follow.
10. **December 9, 2026** – “A Christmas to Remember” with the deep Blue C Orchestra” at the Danversport Yacht Club

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. 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

January 1- **Closed-Happy New Year**
 January 2 - 10:00 - Kindness Rocks
 January 2 - 10:00 - Cribbage
 January 5 - 1:00-3:00 BINGO
 January 5 - 1:00 -3:00 Mahjong
 January 6 - 12:00 -Path Program
 January 6 - 1:00 Dominoes
 January 6 - 1:00 Beginners 45's
 January 7 - 12:00Path Program
 January 7 - 1:00 - Book Club
 January 8 - 10:00 - Ukulele 1st meeting
 January 9 - 10:00 - Cribbage
 January 12 - 12:30 - 45's
 January 12 - 1:00 -Mahjong
 January 13 - 1:30 Matter of Balance
 January 13 -12:00 Sewing Guild
 January 13 - 12:00 Path Program
 January 13 - 1:00 - Dominoes
 January 14 - 9:00 - Path Program
 January 14 - 10:00 - Emergency Preparedness Training
 January 15 - 1:00 - Bridge
 January 15 - 1:00 - BINGO in Spanish and English

January 15 - 10:30 - The talk
 January 16 - 10:00 - Cribbage
 January 16 - 10:00-0 Kindness Rocks
 January 19 - **Closed - Martin Luther King Day**
 January 20 - 1:00 Beginners 45's
 January 20 - 1:30 Matter of Balance
 January 20 - 1:30 Karaoke
 January 20 - 1:00 Dominoes
 January 21 - 10:00 Lost in Transition
 January 21 - 12:00 Path Program
 January 21 - 10:00 Hands-Only CPR Training
 January 22 - 1:00 Bridge
 January 23 - 10:00 Cribbage
 January 26 -1:00 - BINGO
 January 26 - 1:00 - Mahjong
 January 27 - 12:00-4:00 -Path Program
 January 27 - 1:00 - Beginners 45's
 January 27 - 1:00 - Dominoes
 January 27 1:30 - Matter of Balance
 January 28 - 9:00 - Path Program
 January 29 - 1:00 - Bridge
 January 30 - 10:00 - Cribbage

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 3rd Wednesday at 10am
- Path Program meets every Tuesday 12-3PM & Wednesday from 9-11am
- Whist meets every Thursday from 1-3 pm
- Sewing Guild - Second 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 10:00-1200
- The Talk - Every 1st and 3rd Thursday from 10:30 -12:00

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