

Methuen Senior Activity Center

February 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.

Methuen Senior Activity Center continues it's wellness journey

Join us as we keep the momentum going toward health and happiness! On February 5th learn strategies and receive resources to help dementia caregivers prevent burnout and get support for your caregiving journey.

On February 12th, Meals on Wheels will feature the Traveling Chef, bringing culinary creativity right to your table. And that's not all—you'll be entertained by the one and only DJ Mark Rich, spinning your favorite tunes for an afternoon of fun, flavor, and friendship. Don't miss this exciting event! Also on February 18th discover how weather impacts your breathing throughout the seasons and tips to stay comfortable year-round.



Heartfelt Moments

Dear Friends,

February is a month filled with warmth, love, and community, and we're excited to share all the wonderful happenings at the Center!

We're kicking things off on February 12th at 11:30 with a special Traveling Chef Luncheon, where you'll enjoy a delicious meal prepared by a guest chef and dance to lively tunes with our DJ entertainment. It's the perfect way to celebrate friendship and fun!

Of course, Valentine's Day is just around the corner, and we hope everyone can enjoy some sweet surprises this month. Let's think healthy and share tips to keep your heart strong and happy. Together, we can make healthy choices while enjoying great food and company.

As we continue our wellness journey, February is all about heart health.

Join us on the 18th for tips on better breathing in all seasons.

Thank you for being part of our vibrant community. We look forward to seeing you at these events and making February a month to remember!

With warm wishes,

Your Staff at the 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.

Please check local news or the Methuen Public Schools website for updates before heading to the Center.

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:

Barbara D'Agata
Jeanine Pratt
Constance Kennedy
Joanne Radar
Sally Lyons

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 JANUARY WHICH INCLUDES:

- Cedarview for Sponsoring Bingo and 45's in January
- 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
- 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, and the Texas Roadhouse 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, February 6th and 20th 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

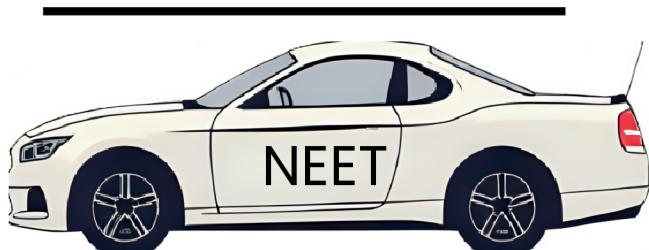
Stephan Alfano

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

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 January 2026 winners:

Stuart Richardson \$187.06

Cheryle Wray \$112.24

Joan Zonfa \$74.82

Three chances to win each month !

sign up today!



IMPORTANT ANNOUNCEMENT



EFFECTIVE
JANUARY
2026

THE METHUEN SENIOR ACTIVITY CENTER IS NO
LONGER ACCEPTING MEDICAL EQUIPMENT
DONATIONS

AND

WE WILL NO LONGER LOAN OUT MEDICAL
EQUIPMENT

Thank you for your understanding and
cooperation.

Complex Wound Management- Informational Class

Monday, February 2, 2026
10:00 AM
Classroom 2

Join us for an educational
session with Wound Nurse
Priscilla Cruz, RN.

Learn about:

- Common signs and symptoms
- Types of wounds
- Levels of care

Sign up at the front desk today

Volunteer Meeting

Friday, February 20th, 9:00 AM-10:00 AM ,
Classroom 1

Please sign up to ensure we have enough
goodies for everyone.

Your help makes a **HUGE** difference; this center
could not go on without your support. We
appreciate your time and dedication
We will brief you on ongoing projects and explain
how you can get involved and support our center.

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. February games will be on
the 6th 13th 20th and the 27th. 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 February 17th



Visiting Office Hours with your Public Officials

Rep. Estella Reyes – February 13
10:00- 12:00

Rep. Ryan Hamilton – February 6 & 20
10:00-12:00

Senator Pavel Payano – February 6 & 20,
10:00-12:00

John Drew- Councilor-at-large-February 10,
8:00-9:00

Mayor , DJ Beauregard – February 4,
Between 1:00 & 2:00

Paul Jensen – Veterans February 19, 10:00-
12:00

All are welcome to stop in to discuss
issues!

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.

If you haven't already signed up please do so asap. Appointment dates book up quickly.



Veteran's Corner



Clear path for Veteran's Merrimack Valley

**Food and Resource Center for Vets
American Legion Post 122, 200
Broadway, Methuen
Monday and Tuesday by
appointment
Wednesday 12:00-2:30 PM
Thursday & Friday 10:00 AM – 2:30
PM
Call at 978-965-5743**

**February 11, 2026
Veteran's Breakfast
Methuen Senior Center
10:00 AM – 978-983-8825
Hosted by McDonalds**

**February 25, 2026
Veterans Family Dinner
6:00 – 7:30 PM
Methuen Legion, Post 122**

Registration is required for all events for Veterans

Monthly Birthday Club

**We are excited to celebrate YOU!
On February 26, 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.**



Veterans Breakfast

**Attention Veterans: Please join us at the Senior Center for breakfast
February 11, 2026 at 10:00am
Breakfast is sponsored by McDonalds**

There's nothing better than headlining February with a Love story



Love Blooms 38 Years Later!

May 4, 1961, two things happened that would change two lives forever:

- 1. He arrived in the USA from Holland**
- 2. She was born!**

In the City of Medford, MA in the area known as Glenwood, there was a boy and a girl who lived around the corner from each other.

He hung out with her brother, and the boys would chase the girls away.

Life goes on and people move away...

In February 2009, she was running a Meetup hike and carpooled with three other people. Après hike the group went to lunch. Prior to leaving the restaurant he started to sound familiar to her. After several questions they realized they grew up together in their Medford neighborhood. They laughed and reminisced all the way home.

They remained friends and hiked together with several other friends. Several years later they went on their first date, Hiking of course!

They became Best Friends and united in marriage and are living happily ever after.

Fred & Linda Wijnen-Riems (Frinda)



Thank you Fred and Linda for sharing a true love story.

Don't forget to submit your story, recipe, health tips, etc. we want to highlight you in our next newsletter.



Stay Steady, Stay Strong!

Matter of Balance continues throughout February.

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!

Join us on Tuesdays at 1:30. Sign up at the front desk.



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!



Sewing Guild

The Sewing Guild meets once a month, starting at 12:00 PM. Our next meeting is on Tuesday, February 10, 2026 at the Methuen Senior Activity Center.

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



In-Service Training: Dementia Care for Caregivers

Join us on **Thursday, February 5th at 11:30 AM** for an informative and supportive session focused on dementia care. This in-service is designed to provide caregivers with practical strategies, resources, and understanding to better care for loved ones living with dementia.

Sign up at the Senior Center
Empower yourself with
knowledge and connect with
others who share your
caregiving journey!



Monthly Bingo Fun at the Senior Center!

Join us for an exciting round of Bingo this February. Mark your calendars for Monday, February 9th. 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!

Better Breathers



**Breathe easy all year long
Learn how weather affects your breathing**

Join us Feb. 18th 11:30 for a fun and informative health talk with a respiratory therapist from Cedar View Rehab. Explore how each season can impact your breathing, and what you can do to stay healthy year-round.

Learn breathing tips for every seasons. Understand common triggers that affect lung health. Please sign up if you plan to attend.

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 1/5 - 3/16	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	10:00-11:30 Cribbage
	12:30-3:00 Ceramics	10:00-12:00 Painting 1/14-3/18	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			

Please note: There are still 5 openings left in the winter session for ceramics on Tuesday from 9am until 11:30 am.

**There is also one opening left for Painting on Monday from 10am until noon.
If you are interested please sign-up at the office window.**

45's TOURNAMENTS sponsored by Cedar View



Come play 45's
All are welcome!

**Monday, February 2nd,
and 23rd at 12:30-3:00pm
\$3.00 to play**

December 1, 2025 Winners!

1st John Delmonte & Muriel
Caracoglia
2nd Susan Skaff & Rachel
Breault

December 15, 2025 Winnhers!

1st Jan Cooney & Paul Girard
2nd Tom Anganes & Ken
Barbush

December 29, 2025 Winners!

1st Doris Giles & Frank
Lombardi
2nd Mike Welch & Yvonne
Meuse

January Winners to be
announced in the March
newsletter

Learn and Play the Ukulele



**The first meeting was a huge
success. If you are interested in
learning to play the Ukulele join
us every Thursday from 10:00-
12:00 in the lower lounge**

**For more information Call Aura
at 978-390-1640 or Annmarie at
336-626-218**



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!**

February 3rd, 10th, 17th and 24th at 12:00 - 1:00 PM

KARAOKE



**KARAOKE
TIME**

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

February 17, 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 February 6th & 20th, 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 February 5th and 19th 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 12-3 pm &
Wednesdays 9-11 am**

NEW TRIPS



Ready for Adventure? Sign Up for Our 2026 Day Trips!

We're thrilled to announce a brand-new lineup of exciting day trips for 2026! From scenic getaways to cultural experiences, there's something for everyone to enjoy. Spots fill up fast, so don't wait—reserve your seat today and make this year unforgettable!

For details and registration, stop by the front desk. Let's make 2026 a year of fun and exploration together!

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** - JFK 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



Join us for an informative and fun session on heart health!
Public Health Nurse Karen Ferullo, RN will cover:

- Common signs of heart disease
- Tips for prevention and heart-healthy living
- When it's important to call 911

Plus, we'll keep it lively with a fun game of BINGO and some laughs along the way!

Date: February 17, 2026

Time 11:30 AM

Location: Auditorium

Please sign in at the front desk

Come learn, laugh, and take care of your heart!

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 - NEET
- 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
- 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 Dominoes, Cribbage, 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. February 18, 2026

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

February 2 - 12:30 - 45's
February 2 - 10:00 Complex Wound Management
February 3 - 12:00 - Path Program
February 3 - 12:00 Indoor Cornhole
February 3 - 1:00-3:00 Dominoes
February 3 - 1:30 - Matter of Balance
February 4 - 9:00 - Path Program
February 4 - Book Club
February 4 - 1:00 Mayor, DJ Beauregard
February 5 - 11:30 - Dementia Care for Caregivers
February 5 - 10:30 The Talk
February 6 - 10:00 - Kindness Rocks
February 6 - 9:00 Clear Path for Veterans
February 6 - 10:00 Cribbage
February 6 - 10:00 - Office Hrs.-Rep. Ryan Hamilton
February 6 - 10:00 Office hrs Sen. Pavel Payano
February 9 - 1:00 Bingo
February 10 - 8:00 Councilor John Drew - Office hrs
February 10 - 12:00 Sewing Guild
February 10 - 12:00 Indoor Cornhole

February 10 - 1:30 Matter of Balance
February 11 - 10:00 Veterans breakfast
February 12 - 11:30 Traveling Chef - DJ Mark Rich
February 13 - 10:00 Cribbage
February 13 - 10:00 Rep. Estella Reyes
February 16 - **CLOSED -President's day**
February 17 - 9:00 Fill-a-Bag Thrift Shop
February 17 - 12:00 - Indoor Cornhole
February 17 - 1:00 Karaoke
February 17 - 1:30 Matter of Balance
February 18 - 10:00 Lost in Transition
February 18 - 11:30 Better Breather
February 19 - 10:00 -Paul Jensen -Vets
February 19 - 10:30 The Talk
February 20 - 10:00 Rep. Ryan Hamilton Office hrs.
February 20 - 10:00 Sen. Pavel Payano office hrs.
February 20 - 10:00 Kindness Rocks
February 20 - 10:00 Cribbage
February 23 - 12:30 - 45's
February 24 - 12:00 - Indoor Cornhole
February 24 - 1:30 - Matter f Balance
February 27 - 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
- Learn to play the Ukulele - Every Thursday 10:00 - 12:00 in the Lower lounge

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