



METHUEN ELDER AFFAIRS
Methuen Activity Center
77 Lowell Street, Methuen, MA 01844
(978)983-8825 ~ www.ci.methuen.ma.us
Monday through Thursday ~ 8:00am – 4:00pm
Friday ~ 8:00am – 12:30pm

APRIL 2011

STAFF

Corinne C. LaCharite, Executive Director
Department Head
Linda Sheehan, Administrative Assistant
Lynneanne Moss, Head Clerk
Susan Foster, Activity Coordinator
Elena Ganem, Office Support

COUNCIL ON AGING

Monica Pitman, Chairman
Elena Ganem, Secretary
Mary Jane Beaulieu, Vice Chair
Leo Kirane, Treasurer
Louise Flynn, Honorary
Elaine Morissette
Alfred D'Agata
Charlotte Blood

SERVICE STAFF

BENEFITS COUNSELING / SHINE Volunteer
Beverly Bradley

GIFT SHOP
Barbara Skinner, Manager

HEALTH CLINIC (VNA)
Jan Giles, RN

MEALS ON WHEELS/NUTRITION PROGRAM
Maureen Donovan

OUTREACH / SUPPORT SERVICES
Louise Edelblute, RN

SENIOR READERS IN SCHOOLS
Linda Sheehan, Susan Foster

TELEPHONE REASSURANCE

THRIFT SHOP
Lilian Zakia

TRIPS
Susan Foster
Elena Ganem

VOLUNTEER MEDICAL TRANSPORTATION
Dorothy Zazopoulos

VOLUNTEER SERVICES/FRIENDLY VISITOR
Linda Sheehan
Dorothy Zazopoulos

SOCIAL GROUPS

AARP
Loretta Andrade

BEANO
Phyllis Hutton

BRIDGE GROUP
Jennie Santacroce

SATURDAY NIGHT BALLROOM DANCE
Elena Ganem, Manny Quintal

SHUFFLEBOARD GROUP

GREETINGS FROM THE COUNCIL ON AGING

The Methuen Council on Aging consists of a seven member board appointed by the Mayor and approved by the City Council. The Council on Aging's main objectives are: (1) To advocate on behalf of the Methuen elderly population in addressing their needs by identifying and developing community resources of assistance. (2) To set policy for the operation of the Senior Center (3) To provide information, referral, outreach, nutrition and health services in cooperation with other City Departments and area agencies. (4) To enhance the quality of life for Seniors and the Community by providing educational, recreational, cultural programs and activities.

SPECIAL EVENT

Tuesday, April 26, 2011 ~ 1:00pm

“And Now... Mark Twain!”
Keeping History Alive Performance
by Actor Richard Clark

At Methuen Senior Activity Center

Sponsored by the Methuen Arts Lottery Council

“A delightful look at the life and work of America's foremost humorist. This one-person play is full of wit and wisdom and the special brand of storytelling that made him a legend in his own time.”



IN APPRECIATION...

Special thanks to all who contributed to the programming and services at the Senior Center in March including;

Dr. Nitichaikulvatana, Rheumatologist for a very informative health discussion; Happy Hearts Chorus & John Vitale, Emcee for a great St. Patrick's Day performance, Ella Sheehan for help decorating the room for the event and Councillor Jennifer Kannan for help serving the meal; Linda Soucy for Fuel Assistance help; Andy Desrosier of Caritas Holy Family Hospital Sleep Lab for valuable health information; John Root and the Methuen Arts Lottery Council for a great musical performance; Senior Whole Health for keeping our minds limber with “Mind Games”; Lois Marra of Merrimack Valley Hospice continued grief support; Atty Karol Bisbee for continued free monthly Legal Clinic; Dan DiBurro, Carl Much and Tom Ciaccia for another very busy year of tax returns for seniors!



Visit with us again this month. You won't want to miss a thing!

FREE LEGAL ASSISTANCE. Karol Bisbee, Elder Law Attorney will hold a free legal clinic every third Wednesday of the month from 9:00-11:00am. Appointments made on a first come-first served basis, limited to 15 minutes.



MEMORIALS

Memorials have been received in memory of:

**Patricia K. Clarke, Agostino Cocozza
Dolores Hargreaves, Barbara Lattin,
Donald Leslie, Beatrice A. Morel,
Fernande R. Palazzo, George Pearsall,
Steven Radulski, Santa M. Saracusa,
Ann Wisneski**



Memorial monies received to the Methuen Senior Activity Center will be used for special memorial items only.

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Memorial cards are available at the Center Office and from your funeral director.

**ATTENTION:  
EZ TRANS RIDERS**



Financial assistance is available for the purchase of EZ Trans transportation tickets through the Methuen Council on Aging's grant funded by HUD. Methuen senior residents who use the EZ Trans program are encouraged to apply for reduced fare (1/2 price) ticket books available only through the Methuen Council on Aging. Methuen seniors must be income eligible and provide proof of household income to participate. For more info, stop by the office or call 978-983-8825.

**50/50 CLUB WINNERS** ☺

Congratulations to the **March 2011** winners

**\$** Marjorie Flynn \$ 180.50 **\$**  
Lucille Donegan \$ 108.30  
Betty Cavanaugh \$ 72.20

If you haven't joined the club yet, it's not too late!  
Enrollment forms are available in the office 6 months(\$24.00) or 12 months (\$48.00).  
Three chances to win each month! Sign up today!

**FUNDRAISING** ☺

Please help our efforts to keep the Center safe, clean and well-maintained by attending our fund-raising activities!

While reading this newsletter, you'll notice a smiley face symbol - ☺ - next to several events. This symbol denotes a fundraising activity sponsored by our non-profit Methuen Senior Activity Center Inc. Committee. Those privately raised funds will be put toward our estimated \$25K in utilities and repairs this fiscal year! Also, please remember to patronize our Thrift & Gift Shops, specially scheduled Jewelry Sales and the on-going 50/50 Raffle as we depend upon these major fund-raising venues to keep us going!

**Thank You!**

**BLOOD PRESSURE CLINIC**

**2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of the Month ~ 9-11am**

**This Month: April 12 & April 26, 2011**

There is no charge for this service, but donations are always welcome!



**Join the Club...**

**METHUEN SENIOR CENTER 50/50 CLUB** ☺



**Three Winners Each Month!**

**Membership \$4.00 per month**

**Must be paid 6 month \$24.00 or 12 months \$48.00**

|              |            | <b>Prize Fund</b>                  |                       |                       |
|--------------|------------|------------------------------------|-----------------------|-----------------------|
|              |            | <b>50% of Total Monthly Income</b> |                       |                       |
| # of Members | Prize Fund | 1 <sup>st</sup> Prize              | 2 <sup>nd</sup> Prize | 3 <sup>rd</sup> Prize |
| 100          | \$200      | \$100                              | \$60                  | \$40                  |
| 150          | 300        | 150                                | 90                    | 60                    |
| 200          | 400        | 200                                | 120                   | 80                    |
| 250          | 500        | 250                                | 150                   | 100                   |
| 300          | 600        | 300                                | 180                   | 120                   |
| 350          | 700        | 350                                | 210                   | 140                   |

**For more information, or to join the club,  
Visit the office at 77 Lowell St, Methuen**

*(Your Donation is Tax Deductible)*

**Membership \$4.00 per month**

**Must be paid 6 months or 12 months**

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Donation: \$ _____

6 months = \$24.00 12 months = \$48.00

(Make Check Payable To: MSC 50/50 Club)

Date: _____

Name: _____

Address: _____

(Cut out and mail in your membership today!)

April 2011 Events Calendar



- Apr 5 Informational Health Talk: A Matter of Balance. 8 week program. 9:00-11:00am. Sponsored ESMV, Inc. Registration required.
- Apr 6 Afternoon Dance with the Dick Kaplan Band. Sponsored by Mayor Manzi and the Methuen Santa Parade Committee. 1:00-3:00pm.
- Apr 9 ☺ Sat. Night Ballroom Dancing. The Mel-Tones. 7:30pm. \$8.00pp.
- Apr 12 45's Tournament: "Us Vs. Them" 1-3:30pm. Seniors vs. Methuen Police Dept! Sign up in office. All are welcome to play!
- Apr 13 Postage Stamps on sale in the lobby. 10:30am.
- Apr 13 Veteran's Information Night. 6:30-8:30pm. All veterans/family members welcome. Hosted by Methuen Veteran's Dept. Watch for details!
- Apr 18 Patriot's Day. Center Closed.
- Apr 19 "Mind Games" Fun trivia to keep your mind active. 12:30-2:00pm. Sponsored by Senior Whole Health.
- Apr 19 AARP Meeting. 1:00pm
- Apr 19 Foot Care Clinic. 1:00pm. By appt only. \$25 fee
- Apr 20 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum).
- Apr 21 Birthday Party. 11:30am.
- Apr 22 Good Friday. Center Closed.
- Apr 26 Special Event! Actor Richard Clark presents "And Now... Mark Twain". 1:00pm. Sponsored by the Methuen Arts Lottery Council.
- Apr 27 Senior Prom. 1-3:30pm. Details inside.
- Apr 28 Day Trip: Foxwoods Casino. 6:30am. \$25pp.
- Apr 30 ☺ Sat. Night Ballroom Dancing. Boots and Company. 7:30pm. \$8.00pp.



COMING SOON...

- May 3 Collette Vacations will discuss Canadian Rockies and other upcoming trips. 10:30am.
- May 5 Annual Arts, Crafts & Music Festival. 9-3pm. All Day Jewelry Sale. Lunch bar. Performance by Happy Hearts Chorus with Guest MC: Linda Dean Campbell. Non-perishable food drive to benefit Merrimack Valley Food Bank.
- May 11 Postage Stamps for sale in the lobby. 10:30am.
- May 11 Special Event: Performance by singer, Tommy Rull. 1:00pm. Sponsored by Methuen Arts Lottery Council.
- May 17 AARP Meeting. 1:00pm
- May 17 Foot Care Clinic. 1:00pm. By appt only. \$25 fee
- May 18 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum)
- May 18 Trivia of 40's, 50's & 60's hosted by Home Instead. 12:30pm. All are welcome!
- May 19 Birthday Party. 11:30am.
- May 24 Informational Talk: Medicare Changes 2011. Speaker: Hal Pierce of ESMV. 1:00pm.
- May 25 N.A.R.F.E. Meeting. 2:00pm.
- May 26 Day Trip: Foxwoods Casino. 6:30am. \$25.00pp.
- May 26 Informational Health Program 10:30am. KEEP. Love your kidneys, know your score! By appt.
- May 28 ☺ Sat. Night Ballroom Dancing. Fred Manzi Trio. 7:30pm. \$8.00pp.
- May 30 Memorial Day. Center Closed.

SPRING

8 -week educational health program sponsored by Elder Services of the Merrimack Valley, Inc.



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Tuesdays April 5 – May 24, 2011 ~ 9-11:00am
Methuen Senior Activity Center, 77 Lowell St, Methuen

This program emphasizes practical strategies to manage falls. You will learn to: view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.

Anyone concerned about falls, interested in improving balance, flexibility and strength, has fallen in the past or restricts their activities because of falling concerns should attend! **Call 978-983-8825 to register!**

**Join us for an afternoon with
The Dick Kaplan Jazz Band
Wednesday, April 6, 2011 - 1:00-3:00pm.**



Come enjoy dancing & refreshments!

**Performance courtesy of
Mayor Manzi and the
Methuen Santa Committee**

"Love Your Kidneys ~ Know Your Score"
Free Program hosted by National Kidney Foundation
Thursday, May 26, 2011 ~ 10:30-11:30am

Methuen Senior Activity Center 77 Lowell St, Methuen

Learn how kidneys function, what chronic kidney disease is, risk factors for CKD, complications and treatment options! Registration required: 800-542-4001 or register at senior center office!

ATTENTION: BIG NEWS FOR EZ TRANS PARTICIPANTS!

The MVRTA will implement a new “Medi-Ride” transportation service for EZ Trans customers for travel to and from Boston and Peabody Medical facilities! This service requires a 7 day minimum (14 day maximum) advance notice reservation. In order to use this service, appointments in Boston should only be made between 11:00am and 1:30pm and at Lahey Clinic between 10:30am and 2:00pm. Rate of fare will be \$8.00 cash one way or \$16.00 cash round trip. Customers may have one companion accompany them for \$4.00 on a space available basis. Persons planning to travel with a companion must state so when making the reservation. Reservations can be made by calling the MVRTA Office of Special Services at 978-469-6878, “Option 3”.

Transportation pick up and drop offs for the Greater Lawrence Area will be made every **Tuesday** from:

Methuen Senior Activity Center, 77 Lowell St Methuen
Lawrence Council on Aging, 155 Haverhill St Lawrence
N.Andover Senior Center, 120 Main St, N. Andover
Andover Council on Aging, 36 Bartlet Ave, Andover

Additional transportation from the Greater Haverhill area will be on Mondays and from the Greater Newburyport area on Thursdays.

WISH LIST

In continued effort to stretch our budget, donations are always gratefully accepted. Some items on our wish list include: Plastic or paper cups, coffee – both decaf and regular, china tea cups & saucers for special events, duct and masking tape, and extra large American flags for our flag pole on the front lawn! *Thank you!*



Saturday Night Dancing News!

Congratulations to **George Reasor**, named “*Mr MacNamara*” at the **St. Patrick’s Dance** on March 12th. 2010. After donning top hat and baton, George led the group in a grand march around the dance floor. George was also presented with a bottle of champagne and 2 tickets to a future Saturday Night Dance! Everyone had a grand time!

Tues. April 19, 2011 ~ 12:30-2:00pm

“Mind Games”



Join us for a fun game of trivia designed to keep your mind active and engaged!
Sponsored by Senior Whole Health.

FOXWOODS CASINO - Thursdays

April 28 May 26 June 23
July 28 Aug. 25 Sept. 29 Oct. 27

Bus leaves promptly at 6:30am from the Park & Ride on Pelham St .Price \$25 pp. Non-refundable



INFORMATIONAL TALK

Tuesday, May 3, 2011 ~ 10:30am

Explore the World with Collette Vacations



~ ~ ~ ~ ~
Collette Vacations will review the itinerary for the Canadian Rockies trip and discuss other exciting upcoming tours!



CAMPBELL’S SOUP LABELS



Campbell soup labels and General Mills “Box Tops For Education” labels are collected year round. The labels are delivered to local schools to be traded in for new classroom supplies! All you have to do is cut out the “Point Value” symbol or the UPC label from the back of Campbell’s products and the “Box Tops For Education” symbols off General Mills products and drop them off here at the center. It’s so easy and a great way to help the children in our community!



Did you know you can access this & past issues of our newsletter on the internet?

Just go to

www.ci.methuen.ma.us

You’ll get the city’s home page; on left hand column click on **city departments** then click on **senior center**.



APRIL 2011



MONDAY

8:00-9:00
CHAIR YOGA

9:30-12:00
JAPANESE BUNKA

9:30-10:30
MODIFIED
AEROBICS

9:30-11:30
NEEDLEARTS

1:00-3:00 BINGO
~~~~~

### **EZ Trans**

Assist Van  
685-8767  
or for a cab  
1-877-308-7267  
48 Hrs. Advance  
Notice Required  
~~~~~

FOOT CARE CLINIC

Once a month
by appt only.
\$25.00 charge.
Call for schedule.

TUESDAY

8:00-9:00
AEROFLEX

9:00-11:30
12:30-3:00
CERAMICS

9:30-11:00
DANCE

9:00-11:00 CLINIC
2nd & 4th TUES of the MONTH

8:30-11:30 &
SHUFFLEBOARD

12:30-3:00
KNIT & CROCHET
~~~~~

### **Counseling services Tuesdays 9-11am**

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AARP meets the
third Tuesday of each
month. 1:00pm
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**4<sup>th</sup> TUESDAYS**  
Lois Marra, Merrimack  
Valley Hospice  
Bereavement Counselor  
4th Tuesday of the  
month, 10:45 am

## WEDNESDAY

8:00-9:00  
WEIGHT TRAINING

9:15-10:15  
MODIFIED  
AEROBICS

9:00-11:00  
11:30-1:30  
COMPUTERS

9:00-11:30  
QUILTING

10:00-12:00  
OIL PAINTING

2:15-3:45  
ADOPT-A-  
GRANDPARENT  
~~~~~

Tom Hargreaves of
Methuen **Veterans Dept.**
Office Hours
3rd Wednesday of the
month. 10-11:30am
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**LEGAL CLINIC**  
Atty. Karol Bisbee-  
3rd Wednesday of the  
month by appointment

## THURSDAY

8:00-9:00  
CHAIR YOGA

9:00-11:00  
11:30-1:30  
COMPUTERS

9:00-11:30  
QUILTING

9:30-12:00  
JAPANESE BUNKA

9:30-10:30  
FITNESS CLASS

12:30-3:30  
BRIDGE

12:30-2:00  
CHORAL GROUP

1:00-3:00  
KNITTING  
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**RIDES FOR
MEDICAL
APPOINTMENTS**
Call Dorothy, 9-12:00n at
978-983-8825. A
minimum of 2 days
advance notice required

FRIDAY

8:00-9:00
WEIGHT TRAINING

9:00-10:30
YOGA (On-going)

9:30-10:30
MODIFIED
AEROBICS

9:30-11:30
NEEDLEARTS
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State Rep. Linda  
Dean-Campbell or an  
aide from her office  
will be here Fridays  
11:00am-12:00pm to  
address questions,  
concerns & comments.  
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PLEASE NOTE:
Exercise programs,
yoga and dance classes
run continuously
throughout the year.
Craft classes run on 10
week semesters



LUNCH SERVED

Monday through Friday ~11:30am
Call Mornings 978-685-8866
(Two day advance notice Required)
Donation: \$2.00



The GIFT SHOP and THRIFT SHOP are open

Mon-Thur 9:30am-3:30pm
Fri 9:30-12:20



THE PUBLIC IS WELCOME!

Our Newsletter & Mailings are
sponsored in part by Executive
Office of Elder Affairs,
One Ashburton Pl.
Boston, MA 02108



TRAVEL WITH US!



NOTICE: Tickets must be purchased at time of reservation. Tickets are non-refundable.

For complete details about trips hosted by the Methuen Senior Activity Center, including participant responsibility, a comprehensive "Trip Policy" outline is posted at the Senior Center and copies are available in the main office. All participants are required to have "Emergency Contact" information on them throughout the trip. Wallet sized "**File of Life**" information packets are available free, in the office, for your convenience!

- **April 15, 2011. Day Tour: A "Divine" Comedy with lunch at the Johnson & Wales Inn. Belly laughs, blessings, blarney and Bingo with "Fr. Patrick Aloysius Misgivings". \$71pp. 10:00am.**
- April 17-20, 2011. Penn-Dutch Tour including Gettysburg & Hershey. 3 nights, 5 meals, entertainment, sightseeing. \$585pp/do.
- **May 18, 2011. Day Trip: Boston Duck Tour. Lunch at Maggiano's Restaurant. 10:00am. \$79.00pp.**
- May 26-June 3, 2011. Canadian Rockies by Train. \$3,599pp/do.
- June 5-11, 2011. Macinac Island, Michigan. 6 nights, 11 meals, sightseeing. \$1695pp/do.
- **June 14, 2011. Day Trip: The Singing Trooper. White's of Westport, MA. Lunch & Show. 9:30am. \$52.00pp.**
- June 21-24, 2011. Niagara Falls. 3 nights, 3 breakfasts/dinners, entertainment, sight seeing. \$785pp/do.
- **July 18, 2011. Lunch at Danversport Yacht Club and Harbor Cruise in Newburyport. . 10:45am. \$68.00pp.**
- July 18-20, 2011. Red Sox vs. Orioles at Camden Yards. 3 days, 2 nights. Includes transportation, lodging, breakfasts, tours and two ballgames! \$449pp/do.
- July 18-20, 2011. The Boston Red Sox vs. The Baltimore Orioles at Camden Yards, Baltimore, MD. 3 days/2 nights. 2 breakfasts, lodging, game, tour or historic Philadelphia and visit to US Mint. \$449pp/do.
- **August 12, 2011. Maine Lobster Bake at the Clambake Restaurant, Scarborough, ME. 9:30am. \$60.00pp.**
- Sept. 2-9, 2011. Northern National Parks featuring Jackson, Wyoming, Yellowstone National Park, and The Grand Tetons. \$1,999pp/do.
- **Sept. 20, 2011. Day Tour: Salem, Gloucester, Rockport. Visit Salem Witch Museum, Lunch at Victoria Station on Pickering Wharf, 2 hour sightseeing tour of Gloucester and Rockport. Time for browsing galleries and shops. 9:45am. \$63.00pp.**
- Oct. 2-8, 2011. Myrtle Beach. 4 nights lodging, 12 meals, shows, garden visit, sightseeing! \$1285pp/do.
- **Oct. 14, 2011. Day Trip: Leaf Peepers Foliage Trip. Tour Smith's Country Cheese in Winchendon, MA, lunch at The Inn at East Hill, Troy, NH, visit to Alyson's Orchards, Walpole, NH. 8:30am. \$60.00pp.**
- Nov.10-19, 2011. Rome & Amalfi Coast. 10 days, 13 meals, lodging, airfare. \$2,699pp/do.
- Jan. 25-Feb 2, 2012. Discover Panama: The Land Between the Seas. \$2,699pp/do.



METHUEN GARDEN CLUB Memorial Day Cemetery Plants

The Methuen Garden Club is once again offering a unique service for Memorial Day cemetery care. Offering a choice of 6 affordable floral packages planted in the ground, as well as a Veterans package designed to accommodate the smaller-sized veteran lot. Planting will be complete before Monday May 30th Memorial Day. Package prices range from \$12.00 to \$40.00 and include geraniums (choice of 3 colors), along with a mix of dusty miller, marigold and ageratum. The planting, mulch and general cleanup of the site will be done for you by members of the Methuen Garden Club. We do all the work and you enjoy peace of mind!

The deadline for ordering is May 16th, 2011.

Package descriptions and order forms are available on the bulletin board at the Methuen Senior Center. For additional information or to place an order, call Deb 978-685-9593 or Linda 978-687-9892 or visit the Garden Club website: www.methuengardenclub.org



Intergenerational Senior Prom "Casino Nights Theme" Wednesday, April 27, 2011 1:00-3:30pm



All seniors are invited to a day of dancing with Senior Students from Methuen High School

Music by D.J. Dick Arsenault



This is a complimentary event hosted by Methuen Senior Activity Center and the Adopt-A-Grandparent Program
All are Invited!



ATTENTION

Exercise & Dance Participants



In an effort to preserve our auditorium dance floor, please bring a pair of *indoor only* dance/exercise shoes with you to class. Salt, sand and dirt carried in on outdoor street shoes causes excessive damage to the finish. **Thank you for your cooperation!**



Jewelry Sale Items!

Jewelry boxes filled with pieces you no longer wear? Consider donating them for the next Jewelry Sale at the Methuen Senior Center! You get a neater jewelry box and the proceeds help the senior center ... what could be better? Donations are always gratefully accepted anytime in the office! THANK YOU!

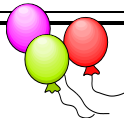
**Next Jewelry Sale: May 5th, 2011 ~
9:00-3:00pm!**

OTHER HAPPENINGS IN OUR COMMUNITY



- **The Holy Family Hospital** hosts a full course dinner for seniors on the 3rd Wednesday of every month. Cost is \$5.00pp. Guest speakers and light entertainment provided. Space is limited so **reservations are required**. Call 1-800-488-5959.
- Wellness program for Parkinson's Disease. A Community Exercise Group program will run 2 times a week for 7 weeks (May 3-June 16) at \$35/week. Please call 603-681-3210 for an appointment for a Free Screening at **Northeast Rehabilitation Hospital** 70 Butler St, Salem. This screening will determine if you would benefit from this specialty program.

HAPPY BIRTHDAY!



Best wishes to everyone who celebrated a birthday during the month of March...

Fran Gradzewicz	June McDonald	Cecile Soucy
Marcel St. Hilaire	Richard McElroy	Claire Young
Gloria Robichaud	Charlotte Allan	Tony Abati
Josephine McDougall		

Do you have a birthday this month? Sign up for the birthday lunch on April 21. Reservations must be made no later than 12:00 noon on April 19th. Call 978-983-8825.

In the meantime... **Happy Birthday!**



FRIENDS



If you are looking for one more way to help support our mission to provide as many programs and Services as possible and keep our Center safe and looking good... please consider becoming a **"Friend"**. Your \$5.00 donation will be added to a special **Friends Fund** designed to help defray the ever-rising daily operating costs. As a **"Friend"**, you are not required to attend any meetings on a regular basis, however, you will be invited to a special annual meeting where we will share the Center's accomplishments, future goals and provide you with a report on how the **Friends Funds** have been utilized. For more information, stop by the office..

Big Thanks to everyone who has already joined
Our Friends group continues to grow this month...

Dora Atkinson, C.J. White

(Donation period: Feb 21, 2011 – March 15,
2011)

Fourth Tuesdays

Lois Marra of Merrimack Valley Hospice offers information and support for those suffering loss. Meetings held the fourth Tuesday of each month. 10:00-11:30am. No appointment necessary.

SHARE A TIP by Dora Atkinson

- Need to wrap a gift and out of tape? A dab of glue (or better yet, a glue stick!) will seal the ends as if by magic!
- With spring cleaning just around the corner, remember, newspaper is great for streak and lint-free window cleaning! Double bonus: you're recycling! Wear a pair of disposable gloves to keep your hands from getting dirty from the print!
- Keep a laundry basket in the trunk of your car for grocery bags after shopping. It'll keep your groceries upright on the ride home.



2011 SATURDAY NIGHT DANCING

At Methuen Senior Activity Center

77 Lowell St, Methuen ~ 978.983.8825

Apr 9	The Mel-Tones
Apr 30	Boots & Co.
May 14	The Entertainers
May 28	Fred Manzi Trio
June 11	The Mel-Tones
June 25	Pete Saran – New Life
July 9	Boots & Co.
July 23	The Entertainers
Aug 6	Fred Manzi Trio
Aug 20	The Mel-Tones
Sept 10	Pete Saran – New Life
Oct 1	Boots & Company
Oct 15	The Entertainers
Oct 29	Fred Manzi Trio (Halloween)
Nov 19	The Mel-Tones
Dec 17	Pete Saran – New Life
Dec 31	New Year's Eve Dinner/Dance Fred Manzi Trio (Tickets: TBA)



Tickets available in the office and at the door.
Come in costume for our specially marked dances!

Thank You to everyone who contributed to the **Slimming Down For Seniors** program to benefit the Methuen Senior Activity Center this past fall.

Rita Anderson, Deidre Ashe, Dorothy Dixon of Chubby Pony Inc., Lucille Donegan, Judy Flagg, Seth Graham, Gretchen Grosky, James Hajjar, Roberta Jarzyniecki, Jaime-Rose Kelly, Mark Kelsey, Corinne LaCharite, Martin's Flower Mart, Methuen Firefighters Local 1691, Sandra Seglin, Timothy Sipse, Sherman Smth, Vogel Printing, and several other anonymous donors!

Extra special thanks to

Jaime Atkinson and George Scione

for committing to this endeavor for the Methuen Seniors!