



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

AUGUST 2009

STAFF

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

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
Celeste McDonald DiFruscia

BEANO
Phyllis Hutton

BRIDGE GROUP
Mary Letizio

SATURDAY NIGHT BALLROOM DANCE
Elena Ganem, Manny Quintal

SHUFFLEBOARD GROUP

COUNCIL ON AGING

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

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.

IN APPRECIATION!

Special thanks to all who contributed to the Programming and services at the Senior Center in July including Mayor Manzi for a delicious Ice Cream Social; Windsor Place of Wilmington for an informational coffee time; Holy Family Hospital for sponsoring a free hearing screening; and Atty. Karol Bisbee for continued free monthly legal clinic.

We hope you are all enjoying your summer! Be sure to join us again this month for more events and activities...

Thank You All!



S A L E

The Thrift and Gift Shops at the
Methuen Senior Activity Center, 77 Lowell St
Will be open for a Special Sale Day
Saturday, August 15, 2009 ~ 9:00am ~ 3:00pm
Open to the Public!



Wanted: Jewelry Sale Items!

Donations for the Jewelry Sale Table are always gratefully accepted anytime in the office!



MEMORIALS

Memorials have been received in memory of:



Bruce L. Blood

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.



## SATURDAY NIGHT



## BALLROOM DANCING!

Saturdays 7:30-11:00pm

- Aug 8 Pete Saran - New Life (Hawaiian Night)
- Sept 12 The Mel-Tones
- Oct 3 The Fred Manzi Trio
- Oct 24 Boots & Co (Halloween)
- Nov 14 The Entertainers
- Dec 5 Pete Saran
- Dec 19 The Mel-Tones
- Dec 31 New Year's Eve Dinner/Dance  
The Fred Manzi Trio (Tickets: TBA)



Tickets: \$8.00pp available in the office and at the door.

## 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.

## 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 that will be put toward our estimated \$25K in utilities and repairs this fiscal year! Additionally, always remember to patronize our Thrift & Gift Shops, specially scheduled Jewelry Sales and the on-going 50/50 Club Raffle as we depend upon these major fund-raising venues to keep us going! *Thank You!*

## 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

|              |            | Prize Fund                  |                       |                       |
|--------------|------------|-----------------------------|-----------------------|-----------------------|
|              |            | 50% of Total Monthly Income |                       |                       |
| # 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!)



AUGUST 2009 CALENDAR OF EVENTS



- Aug 4 Informational Session: Senator Steven Baddour to speak on Senior Driving Issues. 1:00pm.
- Aug 5 Musical Presentation by Greg Curtis. 1:00pm. Free. All are welcome. Sponsored by Methuen Cultural Council/Arts Lottery.
- Aug 6 Breakfast. Hosted by Methuen Village at Riverwalk Park. 8:30am. Space is limited. Watch for details.
- Aug 8 ☺ Sat. Night Ballroom Dancing. New Life. 7:30pm. \$8.00pp.
- Aug 11 Ice Cream Social. Sponsored by Councilor Jennifer Kannan. 1-3:00pm.
- Aug 12 Stamps. Postage stamps available for purchase in lobby area. 10:30am.
- Aug 12 Informational Trip Talk: Collette Vacations to discuss upcoming trip to see the Passion Play in Oberammergau, Germany in 2010.
- Aug 15 Thrift & Gift Shops – One Day Special Sale. 9:00-3:00pm.
- Aug 18 Annual Senior Picnic! Details on page 8.
- Aug 19 Methuen Veterans Agent, Tom Hargreaves available to meet with senior veterans. 10:00am
- Aug 20 Birthday Party. 11:30am.
- Aug 20 Informational Talk: Registry of Motor Vehicles. 10:30-11:30am.
- Aug 25 Foot Care Clinic. By Appt. Only. \$25.00 fee.
- Aug 27 Day Trip: Foxwoods Casino. 6:30am. \$25.00



COMING SOON...

- Sept 7 Labor Day. Center Closed.
- Sept 8 Ice Cream Social sponsored by Mayor Manzi. Music by Chet Harnden. 1:00pm.
- Sept 9 Stamps. Postage stamps available for purchase in lobby area. 10:30am.
- Sept 12 Sat. Night Ballroom Dancing.. The Mel Tones. 7:30pm. \$8.00pp.
- Sept 14 Brunch. Sponsored by Holy Family Hospital. Watch for more details to come.
- Sept 15 AARP Meeting. 1:00pm. All are welcome.
- Sept 15 Foot Care Clinic. By Appt. Only. \$25.00 fee.
- Sept 16 Methuen Veterans Agent, Tom Hargreaves available to meet with senior veterans. 10:00am.
- Sept 16 Informational Presentation: Self Defense for Seniors with Larry Giordano. 1:00pm. All are invited!
- Sept 17 Birthday Party. 11:30am.
- Sept 22 Afternoon Dance with *The Come Back Kids*. 1-3pm. Sponsored by Methuen Arts Lottery Cultural Council.
- Sept. 24 Day Trip: Foxwoods Casino. 6:30am. \$25pp.
- Sept 25 Happy Hearts Choral Group Big Show! 1:00pm. Details inside.
- Sept 27 Happy Hearts Choral Group Big Show! 2:00pm. Details inside.
- Sept 29 Informational Talk: Collette Vacations to discuss upcoming tours for 2010. 10:30am. All are welcome!
- Sept 30 N.A.R.F.E. Meeting. 2:00pm.



Mark Your Calendar

THE HAPPY HEARTS CHORAL GROUP



The Happy Hearts Choral Group's Annual Big Show is just around the corner! Show times for this year's show

A Grand Night For Singing The Music of Hollywood

Friday, Sept. 25 at 1:00pm and Sunday, Sept. 27 at 2:00pm

Tickets: \$5.00 The Public is Invited!

A Midsummer's Ice Tea Social

With Musical Performance by
GREG CURTIS

Wednesday, August 5, 2009
1:00-3:00pm

Sponsored by Methuen Arts Lottery Council
Open to the Public!

NOTICE

As of July 1st, 2009 our office hours have changed. The Center will be open Monday-Thursday ~ 8:00am-4:00pm and Friday ~ 8:00am-12:30.



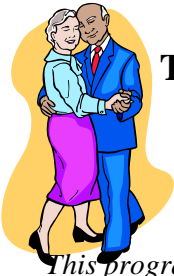
An Afternoon of Dancing with

The Come Back Kids!

Tuesday, September 22, 2009

1:00 - 3:00pm

No Admission Charge
The Public Is Invited!



This program is sponsored by the Massachusetts Cultural Council as administered by the Methuen Arts and Cultural Affairs Commission.

BLOOD PRESSURE CLINIC 2009

2nd & 4th Tuesdays of the Month ~ 9-11am

Aug 11 & 25 Sept 8 & 22

Oct 13 & 27 Nov 10 & 24 Dec 8 & 22

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



INFORMATIONAL TALK



What: Safe Driving for Seniors
When: Wed. Aug. 20, 2009 ~ 10:30-11:30am
Speaker: Michelle Ellicks
Registry of Motor Vehicles

All are invited to attend!

SCHEDULE CHANGE




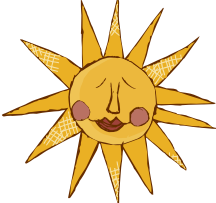
Please note:


- **Bingo** (formerly held on Friday afternoon) has moved to Monday 1:00-3:00pm. Public invited!
- **Knitting** (formerly on Friday afternoons) will be held on Thursdays from 1:00-3:00pm.


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 and limited to 15 minutes

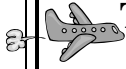
<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>8:00-9:00 CHAIR YOGA</p> <p>9:30-10:30 MODIFIED AEROBICS</p> <p>12:00-3:30 SHUFFLEBOARD</p> <p>1:00-3:00 BINGO ~~~~~</p> <p>EZ Trans Assist Van 685-8767 or for a cab 1-877-308-7267 48 Hrs. Advance Notice Required</p> 	<p>8:00-9:00 AEROFLEX</p> <p>9:15-10:45 DANCE</p> <p>9:00-11:00 CLINIC 2nd & 4th TUES of the MONTH</p> <p>8:30-11:30 & 12:30-3:30 SHUFFLEBOARD</p> <p>12:30-3:00 KNIT & CROCHET</p> <p>~~~~~</p> <p>Counseling services Tuesdays 9-11am</p>	<p>8:00-9:00 WEIGHT TRAINING</p> <p>9:15-10:15 MODIFIED AEROBICS</p> <p>~~~~~</p> <p>FOOT CARE CLINIC Once a month . by appt only. \$25.00 charge. Call for schedule.</p> 	<p>8:00-9:00 AEROFLEX</p> <p>9:30-10:30 FITNESS CLASS</p> <p>12:30-3:30 BRIDGE</p> <p>12:30-2:00 CHORAL GROUP</p> <p>1:00-3:00 KNITTING ~~~~~</p> <p>RIDES FOR MEDICAL APPOINTMENTS Call Dorothy, 9-12:00n at 978-983-8825. A <i>minimum</i> of 2 days advance notice required.</p>	<p>8:00-9:00 WEIGHT TRAINING</p> <p>9:30-10:30 MODIFIED AEROBICS</p> <p>9:00-10:30 YOGA (On-going)</p> <p>~~~~~</p> <p>Representative Linda Dean-Campbell will be here Fridays 11:00am- 12:00pm to address questions, concerns & comments.</p> <p>~~~~~</p> <p>PLEASE NOTE: Exercise programs, yoga and dance classes run continuously throughout the year. Craft classes run on 10 week semesters</p>

Our Newsletter & Mailings are sponsored in part by Executive Office of Elder Affairs,

 One Ashburton Pl.
 Boston, MA 02108


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 9:30-12:30


THE PUBLIC IS WELCOME!



TRAVEL WITH US! Please note: Tickets must be purchased at time of reservation. Tickets are non-refundable, however, if a wait-list exists, we will make every effort to re-sell your ticket for you.

- August 5, 2009. Rhode Island Lighthouse Cruise. Choice of luncheon at Amalfi Restaurant in Narragansett. \$71.00pp. 9:00am.
- August 14-20, 2009. San Francisco & Lake Tahoe. 7 days, 7 meals. Union Sq., Golden Gate Bridge, Napa Valley, Virginia City, Reno, Carson City, Lake Tahoe Cruise. \$1,849pp/do.
- Aug. 19-21, 2009. The Middlebury Inn, VT. Transportation, 2 nights lodging, 4 meals, entertainment, sightseeing. \$496pp/do.
- August 21-27, 2009. The Black Hills & Badlands, S. Dakota. Transportation, lodging, 7 days, 10 meals, more. \$1,879pp/do
- Aug. 28, 2009. Lobster Roll Cruise. Cape Cod Cruise & Luncheon. \$63pp. 8:00am.
- August 30-Sept 8, 2009. Shades of Ireland. 10 days/13 meals. Castle Stay, Limerick, Cliffs of Moher, Galway, Dublin, Blarney Castle, Ring of Kerry, more! \$2,871pp/do.
- September 4-12, 2009. Trains of the Colorado Rockies. Transportation, lodging, 9 days, 12 meals, more. \$2,579pp/do.
- Sept. 11, 2009. Cathedral of the Pines, Troy, NH. Family style Pot Roast & Roast Turkey. Guided Tour. 8:00am. \$69.00pp.
- Sept. 18-21, 2009. Washington, DC. Transportation, 3 nights lodging, 6 meals, guided tours of WWII Memorial, Capitol Hill, Embassy Row, The White House, The Smithsonian & more. \$375pp/do.
- Sept. 18, 2009. Fall Foliage Day Trip – western Massachusetts. Lunch at Salem Cross Inn, Tour of Quabbin Reservoir, Brookfield Orchards. \$61.00pp. 8:15am.
- Sept. 20, 2009. Myrtle Beach, SC. 7 days, transportation, 12 meals, shows, sights, more! \$990pp/do.
- Oct 7-9, 2009. Lake George, NY. 2 Nights, 4 meals, cruise on Lake George, dinner/entertainment, National Racing Museum, Saratoga Gaming and Raceway, more! \$319pp/do.
- Oct. 10-17, 2009. Great Smokies & Kentucky. Transportation, lodging, 8 days, 10 meals, more! \$2,399pp/do.
- Oct 12-14, 2009. Foxwoods & Newport. Transportation, 2 nights lodging, 4 meals, Tour of Newport, and Newport Mansion, visit Mohegan Sun Casino, more. \$289pp/do.



- Oct. 15-15, 2009. Kennebunkport, ME Nonantum Resort.. Transportation, 1 night, 3 meals, sightseeing. \$335pp/do.
- Oct. 18-22, 2009. Branson, MO. Airfare, 4 nights lodging, 8 meals, showboat cruise/show, 8 other shows, & more! \$1,275pp/do.
- Oct 21, 2009. “Eh Paesan” at Angelica’s Ballroom, Middleton, MA. Dinner/show. \$44.00pp. Transportation on your own – plan to arrive by 11:30am!
- Oct 23, 2009. Indian Head Resort. White Mountains, NH. Lunch, Costume Contest, Show. \$66.00pp. 9:30am.
- Nov. 1, 2009. Florida Keys Resort Getaway. 6 days/5 nights, 6 meals, transportation, lodging, airfare. \$1,899pp/do.
- Nov. 4, 2009. Spinelli’s Lunch & Show featuring “The Amazing Angelo”. \$69.00. 10:30am.
- Nov. 4-11, 2009. French Riviera. Transportation, lodging, 8 days, 10 meals, more! \$2,399pp/do.
- Nov. 5-14, 2009. Hawaiian Adventure: 3 Islands. Transportation, lodging, 10 days, 12 meals, more! \$3,999pp/do.
- Nov. 6, 2009. Lobsterbake at Capt. Jack’s., Mystic, Ct. Shopping/browsing. 9:30am. \$64.00pp.
- Nov. 12-16, 2009. Branson Musical Holiday. Transportation, lodging, 5 days, 5 meals, more! \$1,729pp/do.
- Nov. 29-30, 2009. Christmas at White Mt. Hotel, N. Conway, NH. Transportation, lodging, 3 meals, show, sightseeing, shopping/browsing. \$285pp/do.
- Dec. 1, 2009. Mohegan Sun Casino & Cornerstone Theater, Mystic, CT. “Mistletoed”. 7:15am. \$61.00pp.
- Dec. 3-4, 2009. Boar’s Head “Groaning Board” Dinner, Williamstown, MA. Transportation, reception, dinner, cabaret show, breakfast, Norman Rockwell Museum, sightseeing, browsing/shopping. \$285pp/do.
- Sept 20-29, **2010**. Oberammergau Passion Play 10 day Alpine Europe Tour - Austria, Italy, Switzerland & Germany.



FOOT CARE CLINIC 2009



Foot Care Clinics will be held the following Tuesdays from 1:00-3:00pm. Appointments are necessary and a \$25.00 charge is due at time of service.

Aug 25 Sept 15 Oct 20 Nov 17 Dec 15



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! Thanks.

SHARE A TIP by Dora Atkinson

- Every few days, freshen your cell-phone with a swipe of an antibacterial wipe. It'll remove lingering germs and built-up gunk on the screen and keypad.
- To extract water after handwashing a garment, place it between 2 clean towels and slowly roll a rolling pin over it. The rolling action will force more water out and the item will dry more quickly.
- Plastic spoons make great plant markers. Write the name of each seedling with a permanent marker and stick the handle in the dirt.

Happy Birthday



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

Al D'Agata Amedee Frechette Harry Hall
Elena Ganem Betty Eterian Dot Skaff
John McDougall

Do you have a birthday this month? Sign up for the birthday lunch on Aug. 20, 2009. Reservations must be made no later than 12:00 noon on Aug. 18th. Call 978-983-8825. In the meantime, we wish you...
Happy Birthday!!!



INFORMATIONAL TRIP TALK

Wednesday, August 12, 2009 ~ 10:30am

Collette Vacations will be here at the Center to discuss the upcoming trip to "The Passion Play" in Oberammergau, Germany. This special event only happens once every 10 years – don't miss your chance to see it!

Also, mark your calendar for **Tuesday, September 29th** when Collette Vacations will be back with a slide show presentation of the many tours planned for 2010.



Senior Picnic at Methuen Senior Activity Center

**Tuesday, August 18, 2009
12:30-3:00pm**

**Don't miss this great day of
fun, food & friendship!**

★ Kentucky Fried Chicken ★
Boxed Picnic Lunch

★ Music by Dick Arsenault ★

Because this is a city-sponsored event, attendance is restricted to Methuen Senior Residents Only. Please be advised, parking is not permitted on Barker Street!

Tickets available in the office at \$6.00pp.
Ticket must be paid for at time of reservation.
Ticket purchase deadline:
Tuesday, Aug. 11.

Tickets will not be available
at the door!



AARP NEWS

The Methuen Chapter of AARP is pleased to announce the newly elected officers: **President Loretta Andrade, Vice President Mark Walker, Secretary Barbara D'Agata, Treasurer, John Pitman.**



Check out the interesting articles in the July/Aug AARP Bulletin on Healthcare Reform, "Doughnut Hole" Drug Cost and much more!

The next meeting is scheduled for Tues., Sept. 15th. Hope you are all having a fine summer! See you soon .

50/50 CLUB WINNERS ☺

Congratulations to the July 2009 winners

\$	Lucille Donegan	\$ 180.50	\$
	Charlie Beaudette	\$ 108.30	
	Lucy Tiberio	\$ 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!

FOXWOODS CASINO 2009 ☺

THURSDAYS

Aug 27	Sept 24
Oct 29	Nov. 19



Bus leaves promptly at 6:30am from the Park & Ride Parking Lot on Pelham St. Return bus leaves Foxwoods at 4:30pm sharp! Tickets: \$25.00pp – Non-Refundable

BUTTON CELL BATTERY RECYCLING

Help protect the environment! A button cell battery collection box is available in our lobby. Types of batteries that can be deposited include: hearing aids, watches, cameras, calculators and some toys.



CRAFTERS WANTED!

FOR ANNUAL HOLIDAY CRAFT FAIR
SATURDAY, NOVEMBER 7, 2009
9:00-3:00PM
AT METHUEN SENIOR CENTER
CALL FOR DETAILS – 978-983-8825

