



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

DECEMBER 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*

COUNCIL ON AGING

*Elena Ganem, Secretary
Leo Kirane, Treasurer
Charlotte Blood
Louise Flynn, Honorary*

Monica Pitman, Chairman

*Elaine Morissette
Alfred D'Agata
Mary Jane Beaulieu*

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
Mary Letizio*

*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.

IN APPRECIATION!

Special thanks to all who contributed to the programming and services at the Senior Center in November including everyone involved in the Healthy Aging Fair/Diabetes & Kidney Expo from the more than 20 health care organizations, service providers and companies and their representatives, the National Kidney Foundation for the free screening, the many volunteers who helped run the event, especially Barbara D'Agata for months of planning and refreshment sponsors Mann Orchards for delicious healthy apples and Coca-Cola Bottling, Co for bottled water; to all of the vendors, volunteers, participants and more than 53 raffle prize donors for a very festive, fundraising Holiday Fair; Lois Marra of Merrimack Valley Hospice for helpful ideas on holiday coping; everyone who participated in the Annual Day of Remembrance; Holy Family Hospital for sponsoring Breast Care informational session and luncheon; Nancy Gilbert for valuable information on the upcoming US Census 2010; Lester P. Schindel, President and CEO of Holy Family Hospital for speaking about community involvement over coffee at our center and Atty Karol Bisbee for continued free monthly Legal Clinic.

Visit with us again this month as we get into the holiday spirit. There's lots coming up – come be part of it all!

Thank You All!



FUEL ASSISTANCE

Linda Soucy of Community Action Council will be at the Center on Wed. December 9th from 9:00am-12:00n with information about fuel assistance and to help seniors fill out applications. Appointments are necessary, call 978-983-8825!



MEMORIALS

Memorials have been received in memory of:



Bruce L. Blood
Mary Braciska
Alfred R. Hildebrandt
Gladys Koza
Leon Morissette
Rene J. Morissette
Genevieve Rourke
John Pare
Paul S. Privitera, Sr.
Roger Wilken

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.

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.

SATURDAY NIGHT

😊

BALLROOM DANCING!

Saturdays 7:30-11:00pm

Dec 5	Pete Saran
Dec 19	The Mel-Tones
Dec 31	New Year's Eve Dinner/Dance
	The Fred Manzi Trio (details inside)

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

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!*

WANTED: Jewelry Sale Items!

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

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.

ATTENTION:



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

\$		<u>Prize Fund</u>			\$
50% of Total Monthly Income					
# of Members	Prize Fund	1 st Prize	2 nd Prize	3 rd 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!)



DECEMBER 2009 CALENDAR OF EVENTS

- Tues 1 TRIAD Meeting/Shredding Event. Shredder Day! – To protect your privacy, a shredder will be available for you to shred your own old documents. Just bring your papers and we'll show you how the shredder works! Meeting at 10:00am. Shredding at 11:00am
- Sat 5 ☺ Sat. Night Ballroom Dancing. 7:30pm.. New Life. \$8.00pp.
- Sun 6 Timberlane Community Band performance. 2:00pm. All are welcome! Details inside!
- Mon 7 Ice Cream Social sponsored by Rep. Linda Dean Campbell. 1:00pm. Music by Dick Arsenault.
- Tues 8 Informational Energy Workshop for Homeowners. 11:00am. Details inside.
- Wed 9 Fuel Assistance application help. 9-12:00n by appointment only. Details on front cover.
- Wed 9 Stamps available for purchase in lobby. 10:00am
- Thurs 10 Annual Holiday Open House. Details inside.
- Tues 15 Foot Care Clinic. By Appt. Only. \$25.00 fee.
- Wed 16 Free Legal Clinic. Atty. Karol Bisbee. 9-11am. Appointment required (15 minutes maximum).
- Wed 16 Methuen Veterans Agent, Tom Hargreaves available to meet with senior veterans. 10:00am
- Thurs 17 Birthday Party! 11:30am.
- Sat 19 ☺ Sat. Night Ballroom Dancing. 7:30pm. The Mel Tones. \$8.00pp.
- Tues 22 Holiday Music performed by the children of St. Monica's school. 2:15pm. Join us!
- Tues 22 Fourth Tuesdays. Merrimack Valley Hospice offers information and support for those suffering loss. 10-11:30am.
- Th/Fri 24/25 Center Closed for Christmas Holiday.
- Th/Fri 31/1 Center Closed for New Year's Holiday.
- Thurs 31 New Year's Eve Dinner Dance. More info inside!



A 60 piece concert band serving the Merrimack Valley in Massachusetts & New Hampshire.
Open to the public!
Complimentary Admission!

ANNUAL HOLIDAY OPEN HOUSE

Thursday, December 10, 2009

Methuen Senior Activity Center, 77 Lowell St, Methuen



Happy Hearts Choral Group
Performance 1:00pm
Jewelry Sale ~ All Day
Sport Fan Raffle Drawing
Afghan Raffle Drawing

Donations of non-perishable food items or monetary donations for Lazarus House Ministries will serve as the cost of admission.



Come enjoy a wonderful selection of holiday music and refreshments to celebrate the season!

Have you made your New Year's Eve Plans Yet?

Join us!

Space Is Limited - Tickets Available In The Office



New Year's Eve Dinner/Dance

Thursday, December 31,
2009

Methuen Senior Activity Center, 77 Lowell St. Methuen

Complete Dinner with Wine 7:00pm

Menu by: Castle Caterers
Italian Minestone Soup ~ Tossed Garden Salad
Rolls & Butter

King Arthur's Roast Beef
Oven Browned Potatoes, Mixed Garden Vegetables
Strawberry Shortcake

Dancing 8:30-12:30am



Holiday Concert at Methuen Senior Activity Center

77 Lowell Street, Methuen, MA 01844

Sunday, December 6,
2009 ~ 2:00pm



Timberlane
Community Band



Music by: The Fred Manzi Trio

BYOB ~ Favors/Champagne ~ No Refunds

\$50.00 per person ~ Doors open at 6:30pm ~ Public Invited!

NOTICE

There will be no monthly meeting for AARP or NARFE in December. Regularly scheduled meetings will resume in January. Thank you.



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



ENERGY WORKSHOP for Homeowners December 8, 2009 11:00am

Are you prepared for the winter season? Have you weatherized your home sufficiently to experience some cost savings this year? Come learn some ways to cut down your fuel bill by discussing some of the problem areas with an energy consultant. Installing energy efficient windows and other products that are eligible for government tax credits may be part of your solution! Paul Soucy of Environmental Solar Systems in Methuen (www.environmentalsolarsystems.com) has been a leader in the energy field for 30 years, specializing in solar heat. If you are a Methuen resident, age 60 or older, you could be eligible to win a free SUNMATE Solar Panel. A lottery will be held for a free solar panel in December. The winner's home will be assessed for solar feasibility prior to the installation and must be solar compatible. Come learn ways to stretch your energy dollars



Fred Leocata & Millie Milne – Cowboy & Cowgirl - \$15
Rita Toussam – Little Red Riding Hood - \$10
Don Gagnon – Witch - 2 Sat. Night Dance Tickets



Everyone had a spook-tacularly fun time!

HOLIDAY MUSIC!

On Tuesday, December 22nd at 2:15pm the children of St. Monica's School will sing some holiday favorites! Come enjoy the sounds of the season to really put you in the holiday mood!



IT'S A TEA PARTY!

Methuen Health and Rehabilitation Center invites everyone to a Tea Party at their facility at 480 Jackson Street on December 16th, 1:30-3:00pm. For reservations and more information, contact Linda T. at 978-686-3906.



50/50 CLUB WINNERS ☺

Congratulations to the **October 2009** winners

\$	Patricia Mahoney	\$ 196.65	\$
\$	Evelyn Ebert Wetherbee	\$ 117.99	\$
	Majorie Flynn	\$ 78.66	

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!

SATURDAY NIGHT BALLROOM DANCE NEWS!

Guest judges **Shirley King, Diane Corcoran** and **Dot Isherwood** awarded the following prizes for best costumes at the Halloween Dance...



Bob Joubert & Terry Korzeb - King & Queen - \$20

Sports Fan Alert

Last Chance!

Are you looking for the perfect gift for the "hard-to-buy-for" person on your gift list? Well, look no more! Enter for your chance to win... just in time for holiday gift giving!

**Autographed Photograph
Paul Pierce Hits Game Winning Shot
March 12, 2006
Boston Celtics vs. Denver Nuggets
#3173 of 3600 Released Pictures**

**Autographed Red Sox Baseball
Jason Veritek - #33**

Raffle chances are available at the
Methuen Senior Activity Center,
77 Lowell St, Methuen

Tickets are \$1.00 each or 6 for \$5.00
Drawing to be held at our Annual
Holiday Open House
on December 10th!



December 2009



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
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### **EZ Trans**

Assist Van  
685-8767

or for a cab  
1-877-308-7267  
48 Hrs. Advance  
Notice Required  
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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

9:15-10:45
DANCE

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

8:30-11:30 &
SHUFFLEBOARD

12:30-3:00
KNIT & CROCHET
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### **Counseling services Tuesdays 9-11am**

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**AARP** meets the  
third Tuesday of each  
month. 1:00pm



## 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

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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.

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



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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Representative Linda  
Dean-Campbell 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

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.

- February 11, 2010. Lunch and Show at Spinelli's, Lynnfield, MA. "The Senior Tones". 10:30am. \$69pp.
- April 7-10, 2010. Washington, DC. 3 Nights, 5 meals, extensive sightseeing, free time to browse. \$680pp/do.
- April 11-17, 2010. Smoky Mountains "Show Trip". 6 nights, tour of National Park, 4 evening shows, 2 morning shows and more! \$565pp/do.
- April 30, 2010. Angelica's, Middleton, MA. Lunch & Show. Acappella Group "Peking & the Mystics". 10:30am. \$69pp.
- May 3-7, 2010. Beautiful Vermont. 4 nights, 8 meals, Shelburne Museum, Cold Hollow Cider Mill, Morse Farm, Ben & Jerry's, Vt. Teddy Bear Factory, Dinner Cruise on Lake Champlain with entertainment, more! \$415pp/do.
- June 1-4, 2010. Niagara Falls. 3 nights, 3 breakfasts/3 dinners, entertainment, visit to aviary, ride the famous "Maid of the Mist", wine tour/tasting, Imax Theater, area tour, free time at the casino! \$675pp/do.
- June 9-11, 2010. Trapp Family Lodge, Stowe, VT. 2 nights, 4 meals, entertainment, sightseeing, shopping, and more! \$540pp/do.
- June 20-22, 2010. Rangeley, ME. 2 nights, 5 meals, sunrise canoe trip, gold panning, moose watch, entertainment, sightseeing! \$485pp/do.
- July 12-16, 2010. Montreal & Quebec City. 4 nights, 7 meals, guided tours, Monmorency Falls, St. Anne de Beaupre Shrine, Notre Dame Basilica, Olympic Park, Casino de Montreal, visit Underground City, more! \$569pp/do.
- July 14-16, 2010. Capital Vermont Tour. Montpelier, VT. 2 nights, 4 meals, movie, visit to Morse Farm, Rock of Ages Granite Quarries, State House Tour, shopping and browsing downtown. \$4690pp/do.
- July 20-22, 2010. Boothbay Harbor, ME. 2 nights, 3 2 breakfasts/1 dinner in hotel's waterfront dining room and lounge, Cabbage Island Lobsterbake, Warren's Lobster House lunch, and more. \$479pp/do.
- August 9-12, 2010. Finger Lakes Wine Country. 4 days, 6meals. Sonnenberg Gardens, Belhurst Castle Luncheon, Seneca Lake Cruise, Corning Glass Museum, Pleasant Valley Wine Tour, Mark Twain Study, Hill Top Restaurant. \$589pp/do.
- August 11-19, 2010. Trains of the Colorado Rockies. 9 days, 12 meals. So much to see! \$2,399pp/do.
- August 22-24, 2010. Lake Morey Resort, Fairlee, VT. 2 nights, 4 meals, tours and sightseeing including Billings Farm & Museum, Quaquechee Gorge & Village, Woodstock, Chapman General Store and more. \$445pp/do.
- Sept 20-29, **2010**. Oberammergau Passion Play 10 day Alpine Europe Tour - Austria, Italy, Switzerland & Germany.
- Sept. 21-23, 2010. Pennsylvania Poconos. Foliage Time! 2 nights, 5 meals, entertainment nightly, extensive sightseeing shopping/browsing and more! \$395pp/do.
- Oct 6-8, 2010. The Middlebury Inn, Middlebury, VT. 2 nights, 5 meals, welcome reception, evening entertainment, sightseeing & more! \$495pp/do.
- Oct 9-16, 2010. Canada & New England Cruise aboard the Norwegian Spirit. 3 meals/day, nightly shows, 4 star accommodations, 6 ports of call sailing from Boston. Inside cabins starting at \$1019pp/do.
- Oct. 26-Nov.3, 2010. Beijing City Stay. 9 days, 15 meals. Includes air taxes and fees/surcharges. Beijing Zoom, Peking Opera, The Great Wall, Rickshaw Tour, and more. \$2,299pp/do.
- Nov 2-9, 2010. Country Roads of Italy. 8 Days. Round trip airfare, 9 meals, professional tour director, motorcoach transportation – Florence, Assisi, Pisa, Lucca, Siena, Tuscany, Rome, more! \$2699 pp/do.



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.

SHARE A TIP by Dora Atkinson

- Next time you grocery shop, jot down the aisle number where you find the items you regularly buy, then when you make out your next shopping list you can note the aisle number on your list to save time and aggravation!
- Keep germs at bay by storing a squirt bottle of hand sanitizer or antibacterial wet wipes in your car to use after shopping, pumping gas, and touching doors and handles on your various errands!
- To keep heating costs down this winter, put a blanket between your mattress and fitted sheet. The extra layer underneath helps retain body heat so you won't have to turn up the heat to stay warm.



Happy Birthday

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



Pauline Hargreaves	Hilda Bebirian	Rose Norcia
Phyllis Suslavich	Joanne Bryant	Dee Henry
Robert Andrews	Edgar Xiloj	Emil Ameen
Manny Quintal	Dot Johnson	Bob Morel
Jeannette Adams	Ann Angelari	Kay Borrelli

Do you have a birthday this month? Sign up for the birthday lunch on Dec. 17, 2009. Reservations must be made no later than 12:00 noon on Dec. 15th. Call 978-983-8825. In the meantime, we wish you...

Happy Birthday!!!

2010 U.S. CENSUS

Last month, Nancy Gilbert of US Dept. of Commerce presented some great information about the US Census 2010. Census forms will begin arriving in March and need to be filled out and returned by April. Anyone who does not send in the form, a second form will be mailed out. If you still do not reply then US Census workers will begin visiting door-to-door.



To protect yourself from become a victim of a scam, be sure that any Census worker who knocks on your door has a badge, a handheld device, a Census Bureau canvas bag and a confidentiality notice. Ask to see their identification and their badge before answering any of their questions. Also, you should never invite anyone you don't know into your home. *Remember, if you fill out and mail your census form right away, no one should visit your home at all!*

This year's form is fairly simple, however, if you think you need help filling it out, let us know. We'll be happy to help you. Remember, government funds are distributed based upon the numbers collected through the 2010 Census. Fill out your form and be counted!

QUIT!

Holy Family Hospital will sponsor an
8 Week Smoking Cessation Program
at the Methuen Senior Activity Center,
77 Lowell St, Methuen

January 7 - February 25, 2010
Thursdays, 9:30-11:30am

Program Syllabus:

- Thursday, January 7. General welcome & overview of next 7 weeks
- Thursday, January 14. Movie of actual person with emphysema
- Thursday, January 21. Discussion on effects of carbon monoxide.
- Thursday, January 28. QUIT DAY!
- Monday, February 1. Extra support day meeting after quitting.
- Thursday, February 4. Stress Management.
- Thursday, February 11. Informational presentation by nutritionist.
- Thursday, February 18. Importance of exercise and diet.
- Thursday, February 25. GRADUATION DAY!

Registration is required.

Call Dr. Finder at 1-800-488-5959.

The \$30.00 per person participation fee will be returned upon completion of the program or can be donated to Holy Family Hospital.

BLOOD PRESSURE CLINIC **2nd & 4th Tuesdays of the Month ~ 9-11am**

This Month: Dec 8 & 22, 2009

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



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.