



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

DECEMBER 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

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

VOLUNTEER SERVICES

Linda Sheehan

SOCIAL GROUPS

AARP

Mark Walker

BEANO

Phyllis Hutton

BRIDGE GROUP

Jennie Santacroce

SATURDAY NIGHT BALLROOM DANCE

Elena Ganem, Manny Quintal

SHUFFLEBOARD GROUP

COUNCIL ON AGING

Elena Ganem, Secretary
Mary Jane Beaulieu, Vice Chair
Leo Kirane, Treasurer
Louise Flynn, Honorary

Monica Pitman, Chairman

Elaine Morissette
Alfred D'Agata
Charlotte Blood, Honorary

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.

Have you made your New Year's Eve
Plans Yet?
Space Is Limited - Tickets Available In
The Office



New Year's Eve Dinner/Dance

Saturday,

December 31, 2011

Methuen Senior Activity Center, 77 Lowell
St. Methuen

Complete Dinner with Wine 7:00pm ~ Menu
by: Castle Caterers

Lemon Sorbet ~ Tossed Green Salad

Rolls & Butter

King Arthur's Prime Rib

Red Bliss Potatoes, Buttered Baby Beans

Strawberry Shortcake



Dancing 8:30-12:30am ~ Music by: The Fred Manzi Trio

BYOB ~ Favors/Champagne ~ No Refunds

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



Holiday Concert
Methuen Senior Activity
Center
77 Lowell Street, Methuen



**Sunday, December 4,
2011 ~ 2:00pm**

Timberlane

Community Band

A sixty piece concert band
serving the Merrimack Valley in

MA & NH

**Open to the public!
Complimentary Admission!**

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 are limited to 15 minutes.



MEMORIALS

Memorials have been received in memory of:



**James Champey
Albert G. Ganem, Sr
Robert Henry
Alfred R. Hildebrandt
Ryan Johnson
Amelia Tuminowski**

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.

## 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!**



## **FUEL ASSISTANCE**

Linda Soucy of Community Action will be here **Friday, December 2, 2011, 9:00-11:00am** to help you complete Fuel Assistance applications. Appointments are required. Sign up in office.

## **50/50 CLUB WINNERS** ☺

Congratulations to the October 2011 winners

|    |                 |          |    |
|----|-----------------|----------|----|
| \$ | Eleanor Shirton | \$168.15 | \$ |
|    | Betty Daly      | \$100.89 |    |
|    | Sheryl Radulski | \$ 67.26 |    |

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!



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>           |                       |                       |
|--------------|------------|-----------------------------|-----------------------|-----------------------|
|              |            | 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!)



December 2011 Calendar of Events

- Dec 2 Fuel Assistance application help. 9:00-11:00am.
Call for an appointment.
- Dec 3 Thrift Shop Open 9:00am-2:00pm.
- Dec 4 Timberlane Community Band. 2:00pm. Free holiday Concert. Refreshments will be served.
- Dec 6 Informational Talk: Coping with the holidays.
Speaker: Lois Marra, Merrimack Valley Hospice.
10:30am. All are invited to attend.
- Dec 8 Holiday Open House. Details inside.
- Dec 14 Special Event! Dick Kaplan Band. 1-3:00pm.
Sponsored by Mayor Manzi. Dancing & Refreshments. All are invited! *Snow date: Dec. 21.*
- Dec 15 Birthday Party! 11:30am.
- Dec 17 © Saturday Night Dancing. Pete Saran. 7:30pm. \$8.00pp
- Dec 20 AARP Meeting. 1:00pm
- Dec 20 Foot Care Clinic. 1:00pm. By appt only. \$25 fee.
- Dec 26 Christmas Holiday. Center Closed.
- Dec 31 New Year's Eve Dinner Dance. Details page 1!



COMING SOON...

- Jan 3 New Year's Coffee Hour 9:30-11am.
- Jan 7 Thrift Shop Open 9:00am-2:00pm.
- Jan 17 AARP Meeting. 1:00pm
- Jan 17 Foot Care Clinic. 1:00pm. By appt only. \$25 fee.
- Jan 18 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am.
Appointment required (15 minutes maximum)
- Jan 23 Luncheon Social – Chinese New Year! Watch for details

ANNUAL HOLIDAY OPEN HOUSE AND CHRISTMAS CONCERT

Thursday, December 8,
2011

Methuen Senior Activity Center, 77
Lowell St, Methuen



Happy
Arts Choral Group

Performance at 1:00pm

All Day

Jewelry Sale!

Donations of non-perishable
food or monetary

donations for Lazarus House
Ministries

will serve as the cost
of admission



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



IN APPRECIATION...

Special thanks to all who contributed to the programming and services at the Senior Center in November including; CVS and Rite Aid Pharmacies for hosting mini flu shot clinics; Methuen Village Assisted Living for a delicious senior breakfast; all of the volunteers who worked so hard on the annual Holiday Craft Fair and everyone who participated in the event; Councilor Joyce Campagnone for a great coffee hour; Joann Thibault of The Elder Insider for valuable homecare information; Denise Quigley of Walgreens and Hal Pierce of ESMV for keeping us informed about Medicare Part D during open enrollment; everyone who participated in the Call to Serve "Salute to the Stories" special event; Kelsy Call of ESMV and Maureen Palla LPN for great information on Alzheimer's and also to the Methuen Police Dept. for offering free Alzheimers/Dementia registration; Lois Marra for continued grief counseling; and Atty. Bisbee for continued monthly legal clinic

Visit with us this month as we get into the holiday spirit! We've got a lot of things planned for you!

2011 SATURDAY NIGHT DANCING

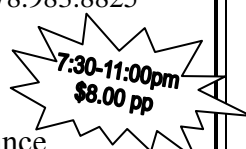
At Methuen Senior Activity Center
77 Lowell St, Methuen ~ 978.983.8825

Dec 17 Pete Saran – New Life

Dec 31 New Year's Eve Dinner/Dance

Fred Manzi Trio. Tickets: \$50pp

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



WISH LIST










In continued effort to stretch our budget, we gratefully accept donations. Some items on our wish list include: an iron, small paper plates, paper towels, napkins, duct, masking and clear tape, pens/pencils, and extra large American flags for our outdoor flag pole! **Thank you!**

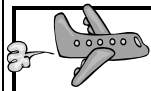
SPECIAL THANKS TO EVERYONE WHO HAS DONATED TO OUR WISH LIST IT'S BEEN A BIG HELP!



DECEMBER 2011



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>8:00-9:00 CHAIR YOGA</p> <p>9:30-12:00 JAPANESE BUNKA</p> <p>9:30-10:30 MODIFIED AEROBICS</p> <p>9:30-11:30 NEEDLEARTS</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>FOOT CARE CLINIC Once a month by appt only. \$25.00 charge. Call for schedule.</p>	<p>8:00-9:00 AEROFLEX</p> <p>9:00-11:30 12:30-3:00 CERAMICS</p> <p>9:30-11:00 DANCE</p> <p>9:00-11:00 CLINIC 2nd & 4th TUES of the MONTH</p> <p>8:30-11:30 & SHUFFLEBOARD</p> <p>12:30-3:00 KNIT & CROCHET ~~~~~</p> <p>Counseling services Tuesdays 9-11am ~~~~~</p> <p>AARP meets the third Tuesday of each month. 1:00pm ~~~~~</p> <p>4th TUESDAYS Lois Marra, Merrimack Valley Hospice Bereavement Counselor 4th Tuesday of the month, 10:45 am</p>	<p>8:00-9:00 WEIGHT TRAINING</p> <p>9:15-10:15 MODIFIED AEROBICS</p> <p>9:00-11:30 QUILTING</p> <p>10:00-12:00 OIL PAINTING</p> <p>2:15-3:45 ADOPT-A- GRANDPARENT ~~~~~</p> <p>Tom Hargreaves of Methuen Veterans Dept. Office Hours 3rd Wednesday of the month. 10-11:30am ~~~~~</p> <p>LEGAL CLINIC Atty. Karol Bisbee- 3rd Wednesday of the month by appointment</p> 	<p>8:00-9:00 CHAIR YOGA</p> <p>9:00-11:30 QUILTING</p> <p>9:30-12:00 JAPANESE BUNKA</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 CIRCLE ~~~~~</p> <p>RIDES FOR MEDICAL APPOINTMENTS Call Dorothy, 9-12:00n at 978-983-8825. A <u>minimum</u> of 4 days advance notice required</p> 	<p>8:00-9:00 WEIGHT TRAINING</p> <p>9:00-10:30 YOGA (On-going)</p> <p>9:30-10:30 MODIFIED AEROBICS ~~~~~</p> <p>State Rep. Linda Dean-Campbell or an aide from her office will be here Fridays 11:00am-12:00pm to address questions, concerns & comments. ~~~~~</p> <p>PLEASE NOTE: Exercise programs, yoga and dance classes run continuously throughout the year. Craft classes run on 10 week semesters</p> 
<p>Our Newsletter & Mailings are sponsored in part by Executive Office of Elder Affairs,  One Ashburton Pl. Boston, MA 02108</p>		<p> LUNCH SERVED Monday through Friday ~11:30am Call Mornings 978-685-8866 (Two day advance notice Required) Donation: \$2.00</p>		<p> The GIFT SHOP and THRIFT SHOP are open Mon-Thur 9:30am-3:30pm Fri 9:30-12:20  THE PUBLIC IS WELCOME!</p>



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!

- Dec. 6-8, 2011. New York City... and "Do Your Own Thing". Includes: motorcoach transportation, 2 nights lodging, 3 meals, shopping/sight seeing. Stop at Rein's Deli enroute home! \$645pp/do.
- **Dec. 13, 2011. Day Trip: "The Hu Ke Lau" Show & Lunch, Shopping and Bright Nights at Forest Park. 9:30am. \$69.00pp.**
- Jan. 25-Feb 2, 2012. Discover Panama: The Land Between the Seas. \$2,699pp/do.
- Feb.8-18, 2012. Best of Times Golden Oldies Cruise. Eastern Carribean from NY City. From \$1,099pp/do.
- **Feb. 16, 2012. Day Trip: Mary Poppins at The Providence Performing Arts Center. Lunch at Lancellotta's Restaurant. 9:45am. \$89 pp.**
- March 30-April 2, 2012. Washington, DC. 3 nights, 5 meals, tours and sightseeing. \$670pp/do.
- April 23-26, 2012. Penn-Dutch Tour. 3 nights, 6 meals, sightseeing, tours, show. \$645pp/do.
- May 21-24, 2012. Niagara Falls. 3 nights, 3 breakfasts, 3 dinners, entertainment, sights and more! \$795pp/do.
- June 3-6, 2012. Quebec City. 3 nights, 6 meals, lodging, sightseeing and tours. \$845pp/do
- **June 5, 2012. "Frank & Barbara – The Show That Never Was" at The Log Cabin, Holyoke, MA. Luncheon & Show. 9:15am. \$90.00pp.**
- June 18-23 or June 23-28, 2012. Boston to Canada aboard the Carnival Glory. 6 days/5 nights.
- July 17-19, 2012. Boothbay Harbor, Maine Lobsterbake Tour. 2 nights, 5 meals (including lobsterbake), boat cruise, sightseeing! \$420pp/do.
- **July 18, 2012. Foster's Clambake. York, ME. Visit to Stonewall Kitchen Store and Nubble Lighthouse. 9:15am. \$76.00pp.**
- **August 16, 2012. The Pilgrim Belle Paddleboat Ride, Luncheon at Isaac's in Plymouth, MA. Time for shopping in quaint shopping village! 9:30am. \$70.00pp.**
- Sept. 25-27, 2012. Pennsylvania Poconos. 2 nights, 4 meals, sightseeing, viist to Callie's Candy & Pretzel factories. \$496pp/do.

BLOOD PRESSURE CLINIC ~ 9-11:00am

2nd & 4th Tuesdays of the Month

This Month: Dec 13 & Dec 27, 2011

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



Fourth Tuesdays. Lois Marra of Merrimack Valley Hospice offers information and support for those suffering loss. Meetings held the 4th Tuesday of each month 10-11:00am. No appointment necessary.



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!

HAPPY BIRTHDAY!

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



Rose Norcia	Penny Demers	Joanne Bryant
Hilda Beberian	Robert Andrews	Edgar Xiloj
Kay Borrelli	Manny Quintal	Dot Johnson
Jeanette Adams	Ann Angelari	Virginia Russo
Pauline Hargreaves		

Do you have a birthday this month? Sign up for the birthday lunch on December 15th. Reservations must be made no later than 12:00 noon on Dec. 13. Call 978-983-8825. In the meantime... ***Happy Birthday!***

FIND US ON THE WEB!

Did you know you can access our newsletter on the internet? Go www.ci.methuen.ma.us. In the left hand column, click ***city departments***, then click ***senior center***.





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

Betty Daly, Anna Pipitone and several anonymous donors

(Donation period: Oct 17 – Nov18, 2011)

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.
- **The Holy Family Hospital** is looking for volunteers who enjoy sewing. Anyone who would like to sew together simple cloth bags should contact Stacey Sherman, Director of Volunteers at 978-687-0156 x2440. All materials will be supplied and the work can be done in your own home or at the hospital. A sewing machine is available for use in the volunteer office if needed.
- **Horizons for Homeless Children** is looking for volunteers to play with homeless children 2 hours a week in one of the area shelters. Day or evening shifts as well as training is available. Call 800-560-7702.

ATTENTION PARTICIPANTS! WINTER WEATHER INSTRUCTIONS

If Methuen schools are closed due to inclement weather, the Center is CLOSED. Look for postings on the TV or the internet. Methuen's website is: www.ci.methuen.ma.us

If schools are not closed, but it has begun snowing in the early hours and the storm is due to continue throughout the morning, please call the Center (978-983-8825) to find out if we are open for activities and classes. Sometimes, we HAVE to open solely for the purpose of delivering Meals on Wheels, however, the Center may be closed for activities and classes.

Because of plowing issues, we often have to cancel the 8:00am class because we cannot guarantee that the parking lot will be plowed in time.

We are requesting participant phone numbers for EACH CLASS only in the event that the instructor is unable to come in due to illness or other reasons.

WE WILL NO LONGER BE CALLING BECAUSE OF THE SNOW. IT IS THE PARTICIPANT'S RESPONSIBILITY TO CALL THE CENTER.

Please read the instructions above and be sure you have the Center's phone number so that you can call if there is any question.

A MESSAGE WILL BE POSTED ON THE ANSWERING MACHINE AT 7:00AM.

Our main concern is for your safety!
THANK YOU FOR YOUR COOPERATION!



CONGRATULATIONS



The Annual Holiday Volunteer Appreciation Party was held on Thursday, December 1, 2011. This special day is set aside each year to honor and thank all the volunteers who have given 50 or more hours of their time, talent and energy to the Methuen Senior Activity Center and the community during the past year. Every one of the more than 125 currently active volunteers provide an invaluable service to Methuen seniors and the community as a whole, and we are especially grateful to them all. This year, 6 volunteers were singled out for their outstanding commitment and dedication and so, we wish congratulations to...

Beverly Bradley. Beverly is our SHINE (Serving the Health Insurance Needs of Elders) Counselor. She is one of the very special, dedicated volunteers who have been trained and certified by the Executive Office of Elder Affairs to explain many areas of health insurance, including Medicare, Medigap, HMOs, MassHealth, prescription programs, Medicare Savings programs and more! Beverly possesses a wealth of knowledge and has been of immeasurable help to so many seniors over the years! Her professionalism combined with her bright and cheerful attitude truly make her... shine! We were so pleased to present her with the *Council on Aging 2011 Volunteer of the Year* award.

Mary Brennan. Mary has been delivering Meals on Wheels several years now and during that time, she's put in thousands of hours! Being a Meals on Wheels driver is one of the most demanding jobs at our center because even though the drivers face daily traffic situations and sometimes extreme weather conditions, they dedicate themselves to ensure the timely delivery of a mid-day meal to a home-bound senior. As much as each senior on her route looks forward to seeing her each day, we too are truly grateful for her hard work.

Pat Beaumont. Pat began volunteering in the Thrift Shop in 2003 and so far has put in over 662 hours! Every week she helps run the shop, stocking merchandise, organizing displays and helping customers. Always so willing to lend a hand, Pat helps out wherever we need an extra pair of hands around the center and we are so lucky to have her here!

Ann D'Ortona. Ann has been a member of the Happy Hearts Choral Group for many years. This group, so aptly named, spends hours and hours rehearsing and performing all for the sole purpose of making hearts happy! Ann has been singled out this year because she has graciously stepped forward to co-develop this year's Annual Big Show, the Happy Hearts annual fundraising event for our center! This represents an extra commitment on her part to ensure that all of the millions of details of this production are attended to!

Ruth Piccolomini. Ruth is one of those very special volunteers who wear a number of different hats. Some days you'll find her involved with the Adopt-a-Grandparent program, other days she's helping with the Choral Group. She participates in the Pen Pals, newsletter bulk mailing preparation and so many other little projects it's impossible to name them all!

Claire Cavanaugh – Claire began helping out the with Saturday Night Ballroom Dances just about a year ago. Twice each month, she and a group of very dedicated volunteers spend a Saturday evening here at our center providing a great time for those who love to dance! This group also organizes the exciting annual New Year's Eve Dinner/Dance. If you haven't been to one of the dances yet, come try it! And be sure to say hello to Claire while you're here!

INCOME TAX RETURNS



Tax season is nearly here and Tax Assistance will be available again beginning in February through April 15th, filing deadline day. As always, appointments are required and we will begin scheduling appointments by the last week in January. Watch for further information to come

THRIFT SHOP HELP NEEDED!

We are currently looking for a permanent volunteer to work Tuesday mornings in the Thrift Shop, 9:30-12:30am. If you have time and can make the commitment, please stop by the office.

SHARE A TIP by Dora Atkinson



- Save time and energy. Double a recipe and freeze half to use another time when you're pressed for time or just don't feel like cooking.
- Coat small paper cups with cooking spray to make individual molds for gelatin.



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!



