

## **FREQUENTLY ASKED QUESTIONS METHUEN SENIOR ACTIVITY CENTER**

**Q:** *How old do I need to be to participate at the Center?*

**A:** Because we are open Monday through Thursday, 8:00-4:00pm and Friday, 8:00-12:30pm, the main requirement is to be available during those hours. So, if you're 54 and retired, you're welcome to come! Some federally or state sponsored programs stipulate participants be 60 years of age or older, but mostly, the Center is available to the "mature" population.

**Q:** *Do you have fitness classes?*

**A:** We offer a wide variety of fitness classes at many levels. For the beginner, we have Fitness Class and Modified Aerobics several times a week. For more advanced opportunities, we have Aeroflex (a combination of aerobics and flexibility exercises) and weight training. If seeking to reduce stress and improve balance, try Yoga or Chair Yoga. If you're looking to stretch your muscles and have lots of laughs, we have line-dancing and shuffleboard. Class costs range from \$2.00-\$3.00 per class.

**Q:** *Do you have someone I can talk to about health insurance options?*

**A:** Yes! We have a specially trained SHINE volunteer. SHINE stands for "Serving the Health Insurance Needs of Elders" and our volunteer receives training and on-going guidance from Elder Services of the Merrimack Valley, Inc. You simply need to leave your name and phone number with us and we'll have her contact you directly. If you need to meet, an appointment will be set up at the Methuen Activity Center.

**Q:** *I'd like to learn something new. Do you have any craft classes I can attend?*

**A:** Yes! We have many enrichment classes where you can learn to create many masterpieces while keeping your mind sharp and active. Try painting, needle arts, quilting... just to name a few.

**Q:** *My doctor recommends having my blood pressure monitored? Do you have a program that can help me?*

**A:** With Older Americans Act funding administered by Elder Services of the Merrimack Valley, Inc., the Home Health VNA conducts Healthy Clinics twice a month on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month from 9:00am-11:00am. An RN will take your blood pressure, and if prescribed by a doctor can even give B12 shots or check your Diabetic glucose reading.

**Q:** *Do you have transportation?*

**A:** We do not have our own vans here, however, the City of Methuen contracts with the Merrimack Valley Regional Transit Authority (MVRTA) to provide EZ Trans curb-to-curb transportation services for persons 60 and over. An application is available at the Center. The City of Methuen also offers a Senior Discount Program to purchase reduced-rate ticket ride books to low and moderate income seniors, if they qualify. Applications and guideline information is available at the Center.

**Q:** *Are you open on weekends?*

**A:** As a city department, we are open Monday through Thursday, 8:00-4:00pm and Friday, 8:00-12:30pm. We are only open on weekends for special events, sometimes fundraisers. Twice a month, we hold Saturday Night Dancing from 7:30-11:00pm at \$8.00pp. These dances consist of a live band with ballroom dancing and some line dancing. Advanced reservations are appreciated by calling the Center at 978-983-8825.