



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

FEBRUARY 2012

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

SENIOR READERS IN SCHOOLS

Linda Sheehan, Susan Foster

INTAKE/OUTREACH

Cheryl McQuillan

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.

IN APPRECIATION...



Special thanks to all who contributed to the programming and services at the Senior Center in January including; Lt. Tim Sheehy and the Methuen Fire Dept for delivery of Christmas meals to homebound elders; Linda Soucy for help with Fuel Assistance applications; ESMV, Inc. for conducting a 6 week Diabetes Self-Management Program; Executive Director Corinne LaCharite for donating a Blu-ray DVD player for our flat screen TV in the lobby; Stu Richardson for donating two engraved stainless steel cribbage boards; Lois Marra for continued counseling; and Atty. Bisbee for continued monthly legal clinic

Stop by often! We've got lots in store for you!

INCOME TAX RETURNS

Tax Assistance is available February through April 15th, for Methuen seniors who need help filing basic income tax returns. As always, appointments are required. Call 978-983-8825.



FUEL ASSISTANCE

 **FRI. Feb 3, 2012**
9:00-11:00am

Linda Soucy of Community Action will be here to help you complete Fuel Assistance applications. Appointments are required. Sign up in office!

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:



**Marie O. Bergeron
Albert G. Ganem, Sr.
Rene J. Morissette
Louise A. Seaborne**

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

~~~~~

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!**



## **45'S TOURNAMENT!**

**Wednesday, February 29, 2012**

**12:30-3:30pm**

The Game Is On! All Seniors Are Invited To Play!  
\$2.00 per person. Sign up in office.

## **50/50 CLUB WINNERS** ☺

Congratulations to the **January 2012** winners

|           |                         |                 |           |
|-----------|-------------------------|-----------------|-----------|
| <b>\$</b> | <b>Joyce Demers</b>     | <b>\$180.50</b> | <b>\$</b> |
|           | <b>Linda Ostrowski</b>  | <b>\$108.30</b> |           |
|           | <b>Patricia Ciofola</b> | <b>\$ 72.20</b> |           |

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>                  |                       |                       |
|--------------|------------|------------------------------------|-----------------------|-----------------------|
|              |            | <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

~~~~~

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!)



February 2012 Calendar of Events

- Feb 3 Fuel Assistance Application Help by appointment.
- Feb 7 TRIAD Senior Safety Group Meeting. 10:00am.
- Feb. 8 Stamps for You. Postage stamps available for purchase in our lobby. 10:30am.
- Feb 9 Annual State of the City Address. Mayor Steve Zanni. Sponosred by Methuen Board of Trade. 6:30pm
- Feb 11 ☺ Sat Night Ballroom Dance. The Fred Manzi Trio – Valentine’s Dance. 7:30pm. \$8.00pp
- Feb 13 Come relive the love story of Prince William and Kate Middleton! “A Royal Wedding” on dvd will be shown in the main lobby at 1:00pm.
- Feb 14 Valentine’s Day Dance sponsored by Presentation of Mary Academy. 2:00-4:00pm. *Snow date: Feb 15*
- Feb 15 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum)
- Feb 16 Birthday Party. 11:30am.
- Feb 18 Free Valentine’s Pancake Breakfast for Methuen Seniors hosted by Methuen Exchange Club. 8-10:00am.
- Feb 20 President’s Day. Center Closed.
- Feb 21 “The Presidents” on dvd will be shown in the lobby at 1:00pm.
- Feb 21 AARP Meeting. 1:00pm
- Feb 21 Foot Care Clinic. 1:00pm. By appt only. \$25 fee
- Feb 22 Intergenerational Event: Cards & Crafts with kids from the Children’s Place. 12:30-2:00pm.
- Feb 25 ☺ Sat Night Ballroom Dance. The Mel-Tones. 7:30pm. \$8.00pp
- Feb 28 Informational Talk: Professional Organizing 10:30am. Speaker: Joann Thibault, The Elder Insider.
- Feb 29 45’s Tournament! 12:30-3:30pm. \$2.00pp. Sign up in the office.



- Mar 6 TRIAD Senior Safety Group Meeting. 10:00am.
- Mar 10 ☺ Sat Night Ballroom Dance. The Entertainers. 7:30pm. \$8.00pp
- Mar 13 St Pat’s Day Lunch & Dance. Details pg 8!
- Mar 14 Stamps for You. Postage stamps available for purchase in our lobby. 10:30am.
- Mar 15 Birthday Party. 11:30am.
- Mar 20 AARP Meeting. 1:00pm
- Mar 20 Foot Care Clinic. 1:00pm. By appt only. \$25 fee
- Mar 21 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum)
- Mar 21 Methuen Veteran’s Director, Tom Hargreaves. 10:00am.
- Mar 24 ☺ Sat Night Ballroom Dance. Pete Saran - New Life. 7:30pm. \$8.00pp
- Mar 27 Special Event: Robyn Stertti will present a tea demonstration. Watch for details to come.



SATURDAY NIGHT DANCING ~ 2012

Methuen Senior Activity Center
77 Lowell St. Methuen ~ 978-983-8825



- Feb. 11 Fred Manzi Trio (Valentine’s)
- Feb 25 The Mel-Tones
- March 10 The Entertainers (St. Patrick’s)
- March 24 Pete Saran – New Life
- Apr 14 The Entertainers
- Apr 28 Fred Manzi Trio
- May 12 Boots & Company
- June 2 The Mel -Tones
- June 16 Pete Saran – New Life
- June 30 The Entertainers
- July 14 Fred Manzi Trio
- July 28 Boots & Company
- Aug 11 The Mel-Tones
- Aug 25 Pete Saran – New Life
- Sept 8 The Entertainers
- Sept 22 Fred Manzi Trio
- Oct 13 Boots & Company
- Oct 27 The Mel -Tones (Halloween)
- Nov 17 Pete Saran – New Life
- Dec 1 The Entertainers
- Dec 15 The Fred Manzi Trio
- Dec 31 New Year’s Eve Dinner/Dance
Boots & Company (Tickets: TBA)



Dances are from 7:30-11:00pm.
Tickets are \$8.00pp available in the office and at the door. Come in costume for our specially marked dances! Prizes awarded for best costume.



Valentine's Day Dance

Sponsored by the students of
Presentation of Mary Academy

Tuesday, February 14, 2012

2:00-4:00pm



Methuen Senior Activity Center 77 Lowell St, Methuen
No Admission Cost. Refreshments. Everyone’s

Invited!

Snow Date: February 15, 2011



COMING SOON...



FEBRUARY 2012



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**  
~~~~~

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

**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

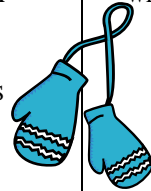
9:00-11:30  
QUILTING

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
~~~~~

**LEGAL CLINIC**  
Atty. Karol Bisbee-  
3rd Wednesday of the  
month by appointment



## THURSDAY

8:00-9:00  
CHAIR YOGA

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 CIRCLE  
~~~~~

RIDES FOR MEDICAL APPOINTMENTS

Call Dorothy, 9-12:00n at
978-983-8825. A
minimum of 4 days
advance notice required



FRIDAY

8:00-9:00
WEIGHT TRAINING

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

9:30-10:30
MODIFIED
AEROBICS
~~~~~

State Rep. Linda  
Dean-Campbell or an  
aide from her office  
will be here Fridays  
11:00am-12:00pm to  
address questions,  
concerns & comments.  
~~~~~

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

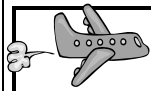


The **GIFT SHOP** and
THRIFT SHOP are open

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



THE PUBLIC IS WELCOME!



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!

- Feb.8-18, 2012. Best of Times Golden Oldies Cruise. Eastern Carriibbean from NY City. From \$1,099pp/do.
- Feb 9, 2012. Day Trip: Celtics vs. LA Lakers. 8:00pm game. Transportation on your own. \$128pp.
- **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 14, 2012. Tales, Ales & the Common Man" Portsmouth, NH. Guided City Tour, Lunch, Tour Redhook Brewery. 9:00am. \$62.00pp.**
- 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 13, 2012. "Hello Dolly" at Northshore Music Theater. Lunch at Danversport Yacht Club. 11:00am. \$94.00pp.**
- 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 10, 2012. Cabbage Island Cruise & Lobster Bake. Boothbay Harbor, ME. 8:30am. \$99.00pp.**
- **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. 19, 2012. The Big E, Springfield, MA. Largest fair in the northeast! 8:00am. \$56**
- Sept. 25-27, 2012. Pennsylvania Poconos. 2 nights, 4 meals, sightseeing, visit to Callie's Candy & Pretzel factories. \$496pp/do.
- **Oct 24, 2012. Foxwoods Casino and Show. A musical tribute to Frankie Valli and the Four Seasons. 7:45am. \$50pp.**

BLOOD PRESSURE CLINIC ~ 9-11:00am
2nd & 4th Tuesdays of the Month

This Month: Feb 14 & Feb 28, 2012

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.

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*.



HAPPY BIRTHDAY!

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



Jennie Santacroce Lilian Zakia Penny Demers
Maurina Finocchiaro Bill Donovan Sue Foster
Johanne Smith Shirley Eaton Shirley King

Do you have a birthday this month? Sign up for the birthday lunch on February 16. Reservations must be made no later than 12:00 noon on Feb. 14. Call 978-983-8825. In the meantime... ***Happy Birthday!***

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
ALREADY!
IT'S BEEN A BIG HELP!***

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 open, 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.

Due to 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!

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 and training is available. Call 800-560-7702.



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!



Jewelry Sale Items:



Jewelry box 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!

Computer Classes



Computer classes for seniors will resume beginning March 7th. A variety of classes are available from beginner to advanced including computer basics, Word, Excel, email and internet. Classes are \$8.00 per session and pre-registration is required. Call 978-983-8825

SHARE A TIP by Dora Atkinson



- It's a new year... did you remember to change your smoke detector batteries?
- No place for a magazine or newspaper in your bathroom? Try installing an extra towel rack to hang them on!

Pancake Breakfast for Methuen Seniors



Sponsored by The Methuen Exchange Club
At Methuen Senior Activity Center, 77 Lowell St



SATURDAY, FEBRUARY 18, 2012
8:00-10:00am

MARK YOUR CALENDARS NOW!

Lee Lewis & The Doo Wop Allstars



***Come dance the night away
here at
Methuen Senior Activity Center
77 Lowell St, Methuen***

***Friday, April 20th, 2012
7:30 – 10:00pm***

***If you enjoy the music of the 50's,
then this is the place to be
when we welcome
Lee Lewis and the
Doo Wop Allstars!***

Hats & Mittens Project



Special thanks to **Joanne Bryant, Brenda Grassello, Theresa Hollins, Pauline Hargreaves, Agatha Lane, Doris Plantamura, & Ronnie Raymond!** Together these wonderful ladies made 6 hats, 100 pairs of mittens, 54 hat & mitten sets, 40 scarves and a dozen lap-robies and slippers that will be distributed to children in need in Methuen Public Schools and area nursing homes. And once again, a great big "thank you" goes to **Monica Pitman** too for coordinating this program!

INFORMATIONAL TALK

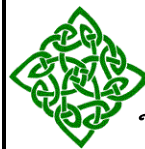
What: **Organize and De-Clutter Your Life!**
You'll learn valuable tips on: when it's time to organize and declutter; how it will benefit you and your family; how to get started; what about valuables?

When: **Tuesday, February 28, 2012**
10-11:00am

Where: Methuen Senior Activity Center
77 Lowell St, Methuen



Presented by: Jo-Ann Thibault, The Elder Insider



Mark Your Calendar for
An Irish Lunch & Dance!

Tuesday, March 13, 2012
12:30-3:30pm ~ \$15.00pp

Traditional Corned Beef & Cabbage Dinner
catered by *A Day To Remember*

Dancing with music by *DJ Dick Arsenault*

Don't miss out! Deadline to purchase ticket is March 6!