



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

J U L Y 2 0 0 9

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

Monica Pitman, Chairman
 Elena Ganem, Secretary
 Leo Kirane, Treasurer
 Charlotte Blood
 Louise Flynn, Honorary
 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
 Celeste McDonald DiFruscia

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 June including: Capt. Jason Ebacher of the Sheriff's Dept, Deborah McGregor of the Essex County D.A.'s Office for their presentations on ID Theft and Proper Disposal of Medications as well as Ofc. Prindle and K-9 Sugar of the Methuen P.D. and Lt. Kevin Martin for their participation in the 6 part TRIAD sponsored safety series; Soprano Ruth Harcovitz and sponsors Methuen Cultural Council and River Bay Club; Jason McCollin for a fun afternoon of County Line Dancing; Joanne Desmarais of Northeast Rehab for valuable Stroke Prevention information; DJ's Dick & Diane Dean for a fabulous afternoon of dancing music!; Methuen P.D. for participating in the 45's Tournament; City Assessor John Cena for information on Tax Exemptions; and Atty. Karol Bisbee for continued free monthly legal clinic.

Be sure to join us again this month...

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:



**Walter Fleming
Clementine Mahoney
Philip DiMattia**

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.



## SATURDAY NIGHT BALLROOM DANCING!

Saturdays 7:30-11:00pm

- July 11 Boots & Co.
- July 25 The Entertainers
- 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

~~~~~  
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!)

JULY 2009 CALENDAR OF EVENTS


- Fri 3 Independence Day Holiday. Center Closed.
- Wed 8 Stamps. Postage stamps available for purchase in lobby area. 10:30am.
- Sat 11 ☺ Saturday Night Ballroom Dancing. Boots & Company. 7:30pm. \$8.00pp.
- Tues 14 Ice Cream Social. Sponsored by Mayor Manzi. 1-3:00pm. 
- Wed 15 Methuen Veterans Agent, Tom Hargreaves available to meet with senior veterans. 10:00am.
- Wed 15 Free Legal Clinic. Atty. Karol Bisbee. 9:00am-10:45am. By appointment only.
- Thurs 16 Birthday Party. 11:30am.
- Fri 17 Coffee Time with Windsor Place of Wilmington Assisted Living Residence. 9:00am-10:00am.
- Tues 21 Better Days Ahead 6 week Pain Management Program. Session 1. 9-11:30am. Details inside.
- Tues 21 Foot Care Clinic. By Appt. Only. \$25.00 fee.
- Thurs 23 Free Hearing Screening. 9:00am-12:00n. By appt. only. Sponsored by Holy Family Hospital.
- Sat 25 ☺ Sat. Night Ballroom Dancing. The Entertainers. 7:30pm. \$8.00pp.
- Tues 28 Better Days Ahead 6 week Pain Management Program. Session 2. 9-11:30am. Details inside.
- Thurs 30 Day Trip: Foxwoods Casino. 6:30am. \$25.00.

COMING SOON...

- Aug 4 Better Days Ahead 6 week Pain Management Program. Session 3. 9-11:30am. Details inside.
- 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 11 Better Days Ahead 6 week Pain Management Program. Session 4. 9-11:30am. Details inside.
- Aug 12 Stamps. Postage stamps available for purchase in lobby area. 10:30am.
- Aug 15 Thrift & Gift Shops – One Day Special Sale. 9:00-3:00pm.
- Aug 17 Better Days Ahead 6 week Pain Management Program. Session 5. 9-11:30am. Details inside.
- Aug 18 Annual Senior Picnic! Details inside.
- Aug 19 Methuen Veterans Agent, Tom Hargreaves available to meet with senior veterans. 10:00am
- Aug 20 Birthday Party. 11:30am.
- Aug 25 Foot Care Clinic. By Appt. Only. \$25.00 fee.
- Aug 25 Better Days Ahead 6 week Pain Management Program. Session 6. 9-11:30am. Details inside
- Aug 27 ^{ep} Day Trip: Foxwoods Casino. 6:30am. \$25.00

BLOOD PRESSURE CLINIC 2009
2nd & 4th Tuesdays of the Month ~ 9-11am

July 14 & 28	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! 


50/50 CLUB WINNERS ☺

Congratulations to the **June 2009** winners

\$	Shirley Bevin	\$ 168.15
	Robert Hamel	\$ 100.89
	Ella Miller	\$ 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!

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 

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!

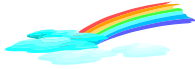



FOXWOODS CASINO 2009 ☺

THURSDAYS
 July 30 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





JULY 2009



MONDAY

8:00-9:00
CHAIR YOGA

9:30-10:30
MODIFIED
AEROBICS

12:00-3:30
SHUFFLEBOARD

EZ Trans

Assist Van
685-8767
or for a cab
1-877-308-7267
48 Hrs. Advance
Notice Required

PLEASE NOTE:

Exercise programs,
yoga and dance classes
run continuously
throughout the year.
Craft classes run on 10
week semesters.



TUESDAY

8:00-9:00
AEROFLEX

9:15-10:45
DANCE

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

8:30-11:30 &
12:30-3:30
SHUFFLEBOARD

12:30-3:00
KNIT & CROCHET

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

~~~~~  
Counseling services
Tuesdays 9-11am

WEDNESDAY

8:00-9:00
WEIGHT TRAINING

9:15-10:15
MODIFIED
AEROBICS

2:15-3:45
ADOPT-A-
GRANDPARENT

FOOT CARE CLINIC

Once a month . by appt
only. \$25.00 charge. Call
for schedule.



THURSDAY

8:00-9:00
AEROFLEX

9:00-11:30
QUILTING

9:30-10:30
FITNESS CLASS

12:30-3:30
BRIDGE

12:30-2:00
CHORAL GROUP

RIDES AVAILABLE FOR MEDICAL APPOINTMENTS

Call Dorothy, 9-12:00n at
978-983-8825. A
minimum of 2 days
advance notice required.



FRIDAY

8:00-9:00
WEIGHT TRAINING

9:30-10:30
MODIFIED
AEROBICS

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

1:00-3:00 BINGO

1:00-3:00
KNITTING

~~~~~  
Representative Linda  
Dean-Campbell will be  
here Fridays 11:00am-  
12:00pm to address  
questions, concerns &  
comments.



Our Newsletter & Mailings are  
sponsored in part by Executive  
Office of Elder Affairs,  
One Ashburton Pl.  
Boston, MA 02108

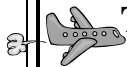


**LUNCH SERVED**  
Monday through Friday ~11:30am  
Call Mornings 978-685-8866  
(Two day advance notice Required)  
Donation: \$2.00



The **GIFT SHOP** and  
**THRIFT SHOP** are open  
Monday – Friday  
9:30am – 3:30pm  
**THE PUBLIC IS WELCOME!**



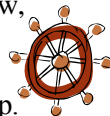


**TRAVEL WITH US! Please note: Tickets must be purchased at time of reservation. Tickets are non-refundable, however, if a wait-list exists, we will make every effort to re-sell your ticket for you.**

- July 10, 2009. Tall Ships Boston. 3 hour buffet & Boston Harbor cruise on the MV Harbor Queen. \$81pp. 8:15am.
- July 15-17, Rangeley, ME. Transportation, 2 nights lodging, 5 meals, sunrise canoe trip, sight-seeing and more. \$485pp/do.
- July 24, 2009. Wine & Cheese Tour, Nashoba Valley. Tour, lunch, shopping. \$62.00pp. 8:30am.
- 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.
- 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. 4-11, 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., Mistic, 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.

July 21   Aug 25   Sept 15   Oct 20   Nov 17   Dec 15

## CONGRATULATIONS

Congratulations to Methuen seniors for winning back the championship title in the 45's "Us vs. Them" Tournament on June 17<sup>th</sup> ! Go seniors!



## VOLUNTEERS WANTED

The ***Methuen Rail Trail*** is a local group working to create a safe place to walk, run and ride along on the abandoned Methuen railroad. Volunteers are needed to help create awareness and man information booths at local upcoming events. For more information, contact J. Godsey at 978-376-5619 and/or visit their website at [www.methuenrailtrail.org](http://www.methuenrailtrail.org)



## 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.

## AARP NEWS

The Methuen Chapter of AARP is pleased to announce the newly elected officers:

**Loretta Andrade – President**  
**Mark Walker – Vice President**



AARP meetings are held the third Tuesday of each month at 1:00pm, however, meetings are not held during the months of July and August. The next meeting is scheduled for September 15th.

## SHARE A TIP by Dora Atkinson

- To enjoy your cut flowers longer, snip an inch from woody-stemmed blooms like roses, hydrangeas and other flowering shrubs and soak in hot water for about an hour. They absorb hot water better than cold and will last longer.
- To keep blueberries long past blueberry season, spread unwashed berries on a tray and freeze until solid. Then transfer to freezer containers or bags, pressing out air. Use within 12 months!
- To more easily remove the silk from an ear of corn, wipe it down with a damp paper towel.

## Happy Birthday

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

|                  |                   |               |
|------------------|-------------------|---------------|
| Jim Floyd        | Tom Gradzewicz    | Diana Hatem   |
| Robert Guillette | Marianne          | Rosetta Judge |
| Tina Mendonsa    | George Mendonsa   | Lucy Lonardo  |
| Louise Flynn     | Helen Couture     | Ruth Segal    |
| Bernie Brown     | MaryJane Beaulieu |               |

Do you have a birthday this month? Sign up for the birthday lunch on July 16<sup>th</sup>, 2009. Reservations must be made no later than 12:00 noon on July 14<sup>th</sup>. Call 978-983-8825. In the meantime, we wish you...

***Happy Birthday!!!***



Mark Your Calendar!  
**HEARING SCREENING**  
Sponsored by Holy Family Hospital  
Thursday, June 23, 2009  
9-12:00pm

Appointment Required! Call 978-983-8825.

## HomeCare Inc. ***BACK BY POPULAR DEMAND!*** Presents... **Better Days Ahead**

A free six-week program for managing your ongoing health condition. Call the Methuen Senior Center at 978-983-8825 or Rita Lonardo, RN at 978-682-7714 to reserve your space today!

### Learn How To:

*Control your pain, combat fatigue, frustration & isolation, effectively handle stress, learn relaxation techniques, and feel more in control of your life & your chronic disease*

**Tuesdays July 21 & 28 and August 4, 11, 18, 25**  
**9:00-11:30am each Tuesday**



## 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 Chet Harnden** ★

**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!**



## 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.



**COFFEE TIME  
SPONSORED BY**



**FRIDAY, JULY 17, 2009  
9:00AM – 10:00AM**



## **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 29<sup>th</sup>** when Collette Vacations will be back with a slide show presentation of the many tours planned for 2010

## **HAPPY HEARTS CHORAL GROUP**

The Happy Hearts Annual Big Show is just around the corner!

Show times for this year’s program

**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!



