



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

JULY 2010

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
Jennie Santacroce

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.



Did you know you can access this and past issues of our newsletter on the internet? Just go to

www.ci.methuen.ma.us.

You'll get the city's home page; on left hand column click on **city departments** then click on **senior center**.

IN APPRECIATION...



Special thanks to all who contributed to the programming and services at the Senior Center in June including: Rep. Linda Dean Campbell for hosting a tour of the State House in conjunction with our Lunch Bunch outing; ESVM for teaching us how to de-clutter; Comfort Home Care and guests for hosting a mini-health fair and activity; 5th Congressional District candidates Sam Meas and John Golnik for hosting coffee hours; Senior Whole Health for valuable health plan information; everyone involved in the Community Day of Giving especially emcees Rep. Linda Dean Campbell and Mayor William Manzi and guest performers Lori Charette-McLaughlin and the Happy Hearts Chorus, Barilla for their generous pasta donation and each individual who contributed to the collection for the Merrimack Valley Food Bank; the Methuen Exchange Club for the wonderful Service to Seniors banquet; Diane Dexter for great musical entertainment and the Methuen Arts Lottery for their sponsorship of her program; Atty. Karol Bisbee for an informative presentation on Healthcare Reform.

We hope you're enjoying your summer, but be sure to stop in and visit - we've got lots

planned for you! *Thank You All!*

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, limited to 15 minutes.



MEMORIALS

Memorials have been received in memory of:



**Marion Bernhardt
Harry R. Hall
William Gorton
Walter G. Shirton**

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.

**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.

**50/50 CLUB WINNERS** 😊

Congratulations to the **June 2010** winners

|    |                      |                  |    |
|----|----------------------|------------------|----|
| \$ | <b>Rose Drelick</b>  | <b>\$ 188.10</b> | \$ |
|    | <b>Roseanne Roy</b>  | <b>\$ 112.86</b> |    |
|    | <b>Elaine Augeri</b> | <b>\$ 75.24</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!

**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 Raffle as we depend upon these major fund-raising venues to keep us going! *Thank You!*

***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.



**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**

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**

|              |            | <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                   |

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Donation: \$ _____

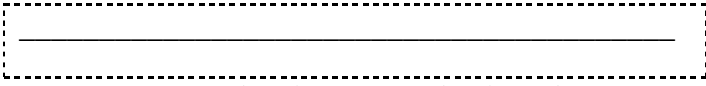
6 months = \$24.00 12 months = \$48.00
(Make Check Payable To: MSC 50/50 Club)

Date: _____

Name: _____

Address: _____

For more information, or to join the club,




(Cut out and mail in your membership today!)



July 2010 Events Calendar

- Mon 5 Independence Day Holiday. Center Closed. 
- Wed 7 Lunch Bunch, Newburyport, MA.  Transportation cost: \$10.00pp. Lunch on your own at Not Your Average Joe's.
- Sat 10 ☺ Sat. Night Ballroom Dancing. 7:30pm. The Entertainers. \$8.00pp.
- Mon 12 Care Package Packing Event for U.S. Military. 4:30pm. Volunteers wanted – sign up in office. Details inside.
- Wed 14 Postage Stamps. 10:30-11:30 available in lobby.
- Wed 14 Billiards Hall of Famer: Tom McGonagle. Demonstration at 10:30am. Learn some tips and techniques of the game. All are invited.
- Thurs 15 Birthday Party. 11:30am.
- Tues 20 Foot Care Clinic. 1:00pm. By appt only. \$25 fee.
- Sat 24 ☺ Sat. Night Ballroom Dancing. 7:30pm. Boots & Co. \$8.00pp.
- Tues 27 Lunch & Dance. Back by popular demand! 12:30pm. \$10.00pp. Sponsored in part by Senator Steven Baddour. Details inside!
- Thurs 29 Informational Talk: Collette Vacations to discuss upcoming trips. 10:30am.
- Thurs 29 Day Trip: Foxwoods. 6:30am. \$25.00

COMING SOON...

- Aug.10 Ice Cream Social sponsored by Rep. Linda Dean-Campbell. Music by Dick Arsenault. 1:00pm. 
- Aug 11 Postage Stamps. 10:30-11:30. On sale in lobby.
- Aug 14 ☺ Sat. Night Ballroom Dancing. 7:30pm. Pete Saran – New Life. \$8.00pp.
- Aug 17 Foot Care Clinic. 1:00pm. By appt only. \$25 fee.
- Aug 18 Methuen Veterans Agent, Tom Harrgreaves available to meet with senior veterans. 10:00am
- Aug 19 Birthday Party. 11:30am
- Aug 26 Day Trip: Foxwoods. 6:30am. \$25.00
- Aug 28 ☺ Sat. Night Ballroom Dancing. Hawaiian Night! 7:30pm. Fred Manzi Trio. \$8.00pp.

2010 SATURDAY NIGHT BALLROOM DANCING



July 10: The Entertainers July 24: Boots & Co.
 Aug. 14: Pete Saran/New Life Aug. 28: Fred Manzi Trio
 Sept. 11: The Mel-Tones Oct 2: Boots & Co.

Dances are from 7:30-11:00pm. Tickets are \$8.00pp available in the office and at the door. Come in costume for specially marked dances! Prizes for best costume! (A complete list of dance dates is available in the office).

CARE PACKAGES FOR MILITARY SOLDIERS



The family of fallen US Marine, Eric Currier is organizing a care package drive for US Soldiers in cooperation with NECFOM (New England Caring for Our Military) through July 12th. Donations of hard candy, gum, beef jerky, granola bars, powdered drink mixes, single serving cereal boxes, nuts, sunflower seeds and letters of support are gratefully accepted! Care packages will be assembled on **July 12** from **4:30-6:30pm** here at the Methuen Senior Activity Center and volunteers are welcome to help!

INFORMATIONAL TALK



When: Thurs. July 29, 2010 ~ 10:30am
 What: Collette Vacations – Christmas in July
 Information on all kinds of upcoming trips.
 Come find out where you want to go!
 Where: Methuen Senior Center, 77 Lowell St, Methuen



THE LUNCH BUNCH!

Spend a lovely afternoon in downtown Newburyport

When: Wed. July 7th 2010 at 11:30am
 Where: **Not Your Average Joe's**
 Transportation: \$10.00pp. Lunch on your own.
 Sign up in the office!

More Lunch Bunch News!

Mark your calendars and be sure to join us for more upcoming "Lunch Bunch" trips...

Wed. Aug 4 - The Chateau in Andover
Wed. Sept. 1 - The Fireside in Melrose



More details to come!



JULY 2010



MONDAY

8:00-9:00
CHAIR YOGA

9:30-10:30
MODIFIED
AEROBICS

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  
~~~~~

FOOT CARE CLINIC

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

TUESDAY

8:00-9:00
AEROFLEX

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
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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

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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

9:30-10:30  
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  
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Representative Linda
Dean-Campbell or an
aide from her office
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

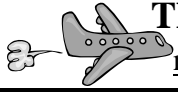


**The GIFT SHOP and  
THRIFT SHOP are open**


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.

- **July 13. Essex Steam Train & Riverboat Trip, Essex, CT.** Lunch at Dock n' Dine Restaurant. 1 hr. steam train ride/ 1 hr cruise/1 hr return steam train ride. Choice of lunch. **\$82pp. 9:00am. Return approx. 7:30pm.**
- July 14-16. 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. \$469pp/do. 
- July 20-22. Boothbay Harbor, ME. 2 nights, 2 breakfasts 1dinner in hotel waterfront dining room/lounge, Cabbage Island Lobsterbake, Warren's Lobster House lunch. \$479pp/do.
- Aug. 8-9. Tanglewood Overnight. Includes: transportation, lodging, 2 meals, BSO concert, Clark Art Museum, sightseeing. \$298pp/do.
- Aug. 9-12. 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.
- Aug. 10-12. Boothbay Harbor Maine Lobsterbake Tour. Includes: lodging, 4 meals, boat cruise, Boothbay Playhouse Lively Show, sightseeing! \$395pp/do.
- August 11-19. Trains of the Colorado Rockies. 9 days, 12 meals. So much to see! \$2,399pp/do.
- **August 20. Martha's Vineyard Day Trip. 7:30am.\$65pp.**
- August 22-24. Lake Morey Resort, Fairlee, 2 nights,4 meals, tours and sightseeing including Billings Farm & Museum, Quaquechee Gorge & Village, Wood- stock, Chapman General Store and more. \$445pp/do.
- Sept. 12-15. Niagara Falls. Transportation, 3 nights (Canadian side), 3 breakfasts/3 dinners, entertainment, tours, and more! \$675pp/do.
- Sept. 17-20. Washington DC. Motorcoach, 3 nights, 6 meals, 2 full day guided tours plus 1 evening guided tour. \$375pp/do.
- Sept 20-29. Oberammergau Passion Play 10 day Alpine Europe Tour - Austria,Italy, Switzerland &Germany.
- Sept. 21-23. Pennsylvania Poconos. Foliage Time! 5 meals, entertainment nightly, sights/shopping/browsing \$395pp/do.
- **Oct 1. Covered Bridges of NH. Lunch at Inn at East Hill Farm, Troy, NH. Visit Colls Farm & Market. 9:30am. \$52pp**
- Oct 6-8. The Middlebury Inn, Middlebury, VT. 2 nights, 5 meals, reception, entertainment, sightseeing. \$495pp/do.
- Oct 9-16. 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. 10-13. Quebec City. 3 nights, 6 meals, tours. \$770pp/do.
- Oct. 11-15. San Francisco Getaway. 5 days, 5 meals, airfare, transfers, lodging. \$1749pp/do.
- Oct 17-23. Myrtle Beach, SC. R/T motorcoach, 4 nights, 12 meals, shows, shopping, sightseeing. \$1089pp/do
- Oct. 19-28. Discover Tuscany. 10 days/13 meals, airfare, transfers, lodging. \$2949pp/do.
- Oct. 26-Nov.3. Beijing City Stay. 9 days/15 meals. Includes air taxes, fees/surcharges. Beijing Zoom, Peking Opera, The Great Wall, Rickshaw Tour, more. \$2,299pp/do.
- Nov 2-9. Country Roads of Italy. 8 Days. Round trip airfare, 9 meals, professional tour director, motor-coach transportation – Florence, Assisi, Pisa, Lucca, Siena, Tuscany, Rome, more! \$2699 pp/do.
- Nov. 4-14, 2010. San Francisco & Hawaii. 3 day/2 nights pre-cruise in San Fran. 8 day/7 night NCL inter-island cruise. \$2949pp/do
- **Nov. 10. Salute to our Veterans featuring WWII Era Band, lunch at Log Cabin Restaurant, Holyoke, MA. 9:00am. \$79pp.**
- Nov. 15-24. Reflections of Italy. 10 days, 14 meals, airfare, transfers, lodging. \$3,049pp/do.
- **Dec. 3. Lasalette Shrine, Attleboro, MA. Father Pat's Concert, visit to gift shop or cafeteria. Festival of Lights Display at 5:00pm. \$32.00pp. 12:30pm.**
- Dec.29- Jan 2, 2011. California New Year's Getaway. View Tournament of Roses Parade, New Year's Eve dinner/dance, 5 days, 6 meals, airfare, transfers, lodging, and more! \$1,299pp/do.





## 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!

## 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 aid, watches, cameras, calculators, etc.



## BLOOD PRESSURE CLINIC 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of the Month ~ 9-11am

**This Month: July 13 and July 27**

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



## WANTED 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!

**HomeCare  
Inc.  
Presents...**

***SAVE THE DATE!***  
**Better Days  
Ahead**

A free six-week program for managing your ongoing health condition Call Rita Lonardo, RN of HomeHealth VNA at 978-552-4674 to reserve your space today!

Learn How To:

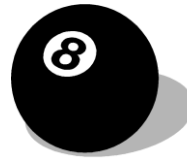
*Control your pain, combat fatigue, frustration & isolation, effectively handle stress, learn relaxation techniques, and feel more in control of your life & your chronic disease*

**Mondays Sept. 13, 20, 27, Oct. 4, 18, 25  
1:00-3:30pm each day**

**Champion Billiards Player  
Tom McGonagle**

And cent winner of the BCAPL Seniors event in Las Vegas  
will be at the Methuen Senior Activity Center  
77 Lowell St, Methuen

**Wednesday, July 14, 2010  
10:30am**



Come see a demonstration and learn a few tips and techniques up *your* game!

All are invited to attend!



*Join Us For The Afternoon  
Lunch & Dancing*  
at Methuen Senior Activity Center,  
77 Lowell St, Methuen



**Tuesday July 27, 2010**

Lunch ~ 12:30-1:30/Dancing ~ 1:30-3:30  
Music by Dick Arsenaault/Lunch by Borrelli's  
Salad, Rolls & Butter,  
Baked Stuffed Chicken, Red Bliss Potatoes,  
Green Beans, Gravy, Cranberry Sauce  
Coffee & Cake  
Advance Ticket Purchase only! \$10.00pp

***This event is sponsored in part by  
Senator Steven Baddour***

**SHARE A TIP** by Dora Atkinson



- Avoid leaving sunglasses on the dashboard. Excessive heat can warp your frames!
- If your old photos are stuck to the pages of a photo album, use a piece of dental floss to remove the photo without ripping it by gently working the floss between the picture and the page.
- To clean your stove's drip pans or grates, run them through the dishwasher on the pots and pans cycle or soak them in the sink with gel or powder dishwasher detergent. Use about ¼ cup of soap with just enough water to cover them. Let sit about a ½ hour, rinse and dry.



**INTRODUCING . . . 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 and future goals and provide you with a report on how the **Friends Funds** have been utilized. For more information, stop by the office.

**HAPPY BIRTHDAY!**

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



Lucia Lonardo Tom Gradzewicz Jim Floyd  
Tina Mendonsa MaryJane Beaulieu Gerry Mungo  
Bernie Brown Diana Hatem

Do you have a birthday this month? Sign up for the birthday lunch on July 15, 2010. Reservations must be made no later than 12:00 noon on July 13<sup>th</sup>. Call 978-983-8825. In the meantime, we wish you...

***Happy Birthday!***

## S . N . A . P .

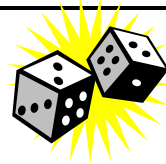
The Supplemental Nutrition Assistance Program helps low income individuals and families buy healthy, nutritious food. A SNAP household's monthly benefit depends on household size, income and expenses. Call the SNAP Hotline at 1-866-950-3663 to learn more.

To apply for food stamps, applications should be sent to:

**SNAP**  
**15 Union St**  
**Lawrence, MA 01840**  
**978-725-7100**



Applications are available in the Methuen Senior Center Office or can be accessed at [www.mass.gov](http://www.mass.gov). In the search block, type in "SNAP" then follow the links to apply.



## FOXWOODS CASINO Thursdays

|          |         |         |
|----------|---------|---------|
| June 24  | July 29 | Aug. 26 |
| Sept. 30 | Oct. 28 | Nov. 18 |

Bus leaves promptly at 6:30am from the Park & Ride Parking Lot on Pelham St.  
Price \$25.00pp. Non-refundable.



# S A L E

*The Thrift and Gift Shops at the  
Methuen Senior Activity Center, 77 Lowell St  
Will be open for a Special Saturday Sale Day!  
Saturday, August 28, 2010 ~ 9:00-2:00pm  
Don't miss the Thrift Shop "Stuff A Bag"  
special for unbeatable bargains!  
Open to the Public!*



# Happy



# 4th of July