



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

MARCH 2009

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
 Dorothy Zazopoulos

VOLUNTEER SERVICES/FRIENDLY VISITOR
 Linda Sheehan
 Dorothy Zazopoulos

SOCIAL GROUPS

AARP
 Celeste McDonald DiFruscia

BEANO
 Phyllis Hutton

BRIDGE GROUP
 Mary Letizio

CABARET!
 Elena Ganem, Manny Quintal

SHUFFLEBOARD GROUP

COUNCIL ON AGING

Elena Ganem, Secretary
 Leo Kirane, Treasurer
 Charlotte Blood
 Monica Pitman, Chairman
 Elaine Morissette
 Alfred D'Agata
 Louise Flynn, 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.

Join us for an   


IRISH CELEBRATION
 Thursday, March 12, 2009
 1:00-3:00pm

at Methuen Senior Activity Center featuring:
 A Traditional Corned Beef & Cabbage Dinner
 prepared by the *Original Cafe*
 and entertainment by
 The Happy Heart Choral Group 

Tickets: \$14.00pp

Don't miss this one... after all,
 Everyone is Irish on St. Patrick's Day!



IN APPRECIATION! 

Special thanks to all who contributed to the Programming and services at the Senior Center in February including: Methuen Village Assisted Living for an informational coffee hour; Presentation of Mary Academy for a wonderful Valentine's Day dance; Methuen Board of Trade for hosting Mayor Manzi's State of the City address; Atty. Karol Bisbee for the monthly free legal clinic; Capt. Ebacher for presenting valuable Health Care Proxy information; Carol Felides of Sunbridge at Woodhill for an informative discussion on preventing falls. Be sure to visit with us again this month... there's lots in store for you!

Thank You All!



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!*

MEMORIALS

Memorials have been received in memory of:



Anthony Baranowski
Bruce L. Blood
James L. Johnson
Anthony Lonardo
Rose Macaione

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.



JEWELRY SALE



Donations for the Jewelry Sale Table are always gratefully accepted anytime in the office!



SATURDAY NIGHT ☺ BALLROOM DANCING!

Saturdays 7:30-11:00pm

- Mar 7 Fred Manzi Trio (St. Patrick's)
- Mar 21 Fred Manzi Trio
- Apr 4 The Entertainers
- Apr 25 Boots & Co.
- May 16 Pete Saran
- June 6 The Mel-Tones
- June 20 Fred Manzi Trio
- 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



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.

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 st Prize	2 nd Prize	3 rd 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!)

March 2009 Events Calendar

- Tues 3 TRIAD Meeting. 10:00am.
- Sat 7 ☺ Sat. Night Ballroom Dancing. The Fred Manzi Trio. 7:30pm. \$8.00pp. Dress for St. Patrick's – "Mr. McNamara" to be chosen for prize!
- Tues 10 Ice Cream Social. 1-3:00pm. \$3.00pp. Music by Chet Harden.
- Wed 11 Informational Coffee Hour. Sponsored by Conlin Pharmacy. Topic: Home Medical Supply products & services and Medicare Coverage. 10:30am. All are invited.
- Wed 11 Stamps. Postage stamps available for purchase in lobby area. 9:30am.
- Thurs 12 St. Patrick's Day Celebration! 1-3:00pm. Irish luncheon & performance by the Happy Heart Chorus. Tickets: \$14.00pp.
- Tues 17 AARP Meeting. 1:00pm.
- Tues 17 Foot Care Clinic. By Appt. Only. \$25.00 fee.
- Tues 17 Informational Talk: Clutter: Let It Go! Presented by Elder Services of the Merrimack Valley. 10:00am. All are invited.
- Wed 18 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum).
- Thurs 19 Birthday. 11:30am.
- Sat 21 ☺ Sat. Night Ballroom Dancing. The Fred Manzi Trio. 7:30pm. \$8.00pp.
- Wed 25 N.A.R.F.E. Meeting. 2:00pm
- Thurs 26 Day Trip: Foxwoods Casino. 6:30am. \$25.00pp.



COMING SOON...

- Apr 4 ☺ Sat. Night Ballroom Dancing. The Entertainers. 7:30pm. \$8.00pp. 
- Apr 7 TRIAD Meeting. 10:00am.
- Apr 8 Stamps. Postage stamps available for purchase in lobby area. 9:30am.
- Apr 8 Senior Prom. 1-3:30pm. Watch for details!
- Apr 10 Good Friday. Center closed.
- Apr 15 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum).
- Apr 15 Veteran's Night. 7:00pm. Details inside.
- Apr 16 Birthday Party. 11:30am.
- Apr 20 Patriot's Day. Center closed. 
- Apr 21 AARP Meeting. 1:00pm.
- Apr 21 Foot Care Clinic. By Appt. Only. \$25.00 fee.
- Apr 25 ☺ Sat. Night Ballroom Dancing. Boots & Co. 7:30pm. \$8.00pp.
- Apr 29 N.A.R.F.E. 2:00pm.

Apr 30 Day Trip: Foxwoods Casino. 6:30am. \$25.00pp.

The Happy Hearts Chorus



Present



Songs of America

A CD featuring 7 of our country's best-loved Patriotic Songs is available in the office for \$10.00.



Get Your Copy Today!

N.E.E.T. DRIVERS



Volunteer drivers are needed to take seniors to and from their medical/dental appointments. Drive as often or as little as you like – just tell us when you're available to help out. Drivers are reimbursed at 40¢ per mile. A valid drivers license and your own vehicle are required. For more info, please call 978-983-8825.

50/50 CLUB WINNERS



Congratulations to the February 2009 winners



Jane & Roger Hamel \$ 192.85

Angela Lebel \$ 115.71

Salvatore & Ida Boragine \$ 77.14



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. Call 978-983-8825.



MARK YOUR CALENDAR!

VETERAN'S NIGHT
April 15, 2009 ~ 7:00pm

Hosted by Tom Hargreaves, Methuen Veterans Director

Information Available ~ Questions & Answers
All Veterans Are Invited!

FOOT CARE CLINIC



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.

2009

Mar 17	Apr 21	May 19	June 16	July 21
Aug 25	Sept 15	Oct 20	Nov 17	Dec 15



FOXWOODS CASINO 2009 Schedule

THURSDAYS

March 26	April 30	May 28
June 25	July 30	August 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! Ticket available in the office.
\$25.00pp – Non-Refundable

N.E.E.T. FUNDRAISER

FLATBREAD COMPANY
5 Market Square, Amesbury, MA

Tuesday, March 17, 2009
5:00 pm – 9:30 pm

Northern Essex Elder Transport, Inc. is having a fundraiser at The Flatbread Company. They will donate \$3.50 for each large flatbread and \$1.75 for each small flatbread sold. Take-out included!
There will also be a 50/50 drawing.

Proceeds from the fundraiser will benefit
Northern Essex Elder Transport, Inc.



CAMPBELL'S SOUP LABELS





Campbell soup labels and General Mills "Box Tops For Education" labels are still being collected. These labels are delivered to local schools and then traded in for 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.



MARCH 2009



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:00-9:00 CHAIR YOGA	8:00-9:00 AEROFLEX	8:00-9:00 WEIGHT TRAINING	8:00-9:00 AEROFLEX	8:00-9:00 WEIGHT TRAINING
9:30-12:00 JAPANESE BUNKA	9:15-10:45 DANCE	9:00-11:00 11:30-1:30 COMPUTERS	9:00-11:30 QUILTING	9:30-10:30 MODIFIED AEROBICS
9:30-10:30 MODIFIED AEROBICS	9:00-11:30 12:30-3:00 CERAMICS	9:15-10:15 MODIFIED AEROBICS	9:30-10:30 FITNESS CLASS	9:00-10:30 YOGA (On-going)
9:30-11:30 NEEDLEARTS	9:00-11:00 CLINIC 2 nd & 4 th TUES of the MONTH	10:00-12:00 OIL PAINTING	9:00-11:00 11:30-1:30 COMPUTERS	1:00-3:00 BINGO
12:00-3:30 SHUFFLEBOARD ~~~~~	8:30-11:30 & 12:30-3:30 SHUFFLEBOARD	9:00-11:30 QUILTING	9:30-12:00 JAPANESE BUNKA	1:00-3:00 KNITTING ~~~~~
EZ Trans Assist Van 685-8767 or for a cab 1-877-308-7267 48 Hrs. Advance Notice Required ~~~~~	12:30-3:00 KNIT & CROCHET ~~~~~	2:15-3:45 ADOPT-A- GRANDPARENT ~~~~~	12:30-3:30 BRIDGE	FOOT CARE CLINIC Once a month . by appt only. \$25.00 charge. Call for schedule. ~~~~~
PLEASE NOTE: Exercise programs, yoga and dance classes run continuously throughout the year. Craft classes run on 10 week semesters.	AARP meets the third Tuesday of each month. 1:00pm. ~~~~~ Counseling services Tuesdays 9-11am 	N.A.R.F.E. Meets the last Wednesday of the month at 2:00pm. ~~~~~ 	RIDES AVAILABLE FOR MEDICAL APPOINTMENTS Call Dorothy, 9-12:00n at 978-983-8825. A <u>minimum</u> of 2 days advance notice required.	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!

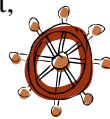


TRAVEL WITH US!

- March 21, 2009. Red Cliffs Adventure – Monument Valley, Arches & Canyonlands National Parks. Air, lodging, 10 meals. \$1,999pp/do.
- March 22-23, 2009. White Mountain Hotel. Transportation, lodging, 3 meals, show, shopping, sightseeing. \$260pp/do.
- April 15-17, 2009. Stowe, VT. Transportation, 2 nights lodging, 4 meals, sightseeing, more. \$390pp/do.
- April 24-May 4, 2009. New Orleans. Transportation, 10 nights lodging, 18 meals, tours, riverboat cruise, gaming, more! \$899pp/do.
- April 26-29, 2009. Penn-Dutch Tour. Transportation, 3 nights lodging, 5 meals, sightseeing, shows, tour, more. \$575pp/do.
- May 2-8, 2009. California Wine & Rail Discovery Tour. San Francisco, Napa Valley, Sacramento & Lake Tahoe. R/T transportation, lodging, 13 meals, sightseeing, more! \$2050pp/do.
- May 3-9, 2009. Southern Charm: Charleston, Savannah & Jekyll Island. Transportation, lodging, 7 Days, 10 meals, more! \$2,149pp/do.
- May 27, 2009. Lunch & Show featuring Impressionist, Mark Verselli at DiBurro's, Haverhill. \$45pp. Transportation on your own.
- June 1-8, 2009. Mackinac Island, Michigan. Transportation, 7 nights lodging, \$1950pp/do.
- June 2-4, 2009. Cape Cod. Transportation, 2 nights lodging, 4 meals, visit Hyannis, Sandwich, Martha's Vineyard, JFK Museum, Foxwoods, more! \$289pp/do.



- June 14-17, 2009. Niagara Falls. Transportation, 3 nights lodging, 3 breakfast, 3 dinner, entertainment, tours, Imax theater, more! \$670pp/do.
- June 20, 2009. Alaska Inside Passage Cruise. 8days/7 nights. \$2,099pp/do includes airfare.
- June 26, 2009. The Cheesecake Factory and Charles River Boat Co. Cruise, Lunch, & Shop. \$84pp. 8:30am.
- June 28-29, 2009. 2 day/1 night Lobster Fest Special at the Beacon Resort, Lincoln, NH. \$235pp/do.
- July 10, 2009. Tall Ships Boston. 3 hour buffet & cruise of Boston Harbor on the MV Harbor Queen. \$81pp. 8:15am.
- August 21-27, 2009. The Black Hills & Badlands, S. Dakota. Transportation, lodging, 7days, 10 meals, more. \$1,879pp/do.
- September 4-12, 2009. Trains of the Colorado Rockies. Transportation, lodging, 9 days, 12 meals, more. \$2,579pp/do.
- Sept. 20, 2009. Myrtle Beach, SC. 7 days, transportation, 12 meals, shows, sights, more! \$990pp/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.
- 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. 12-16, 2009. Branson Musical Holiday. Transportation, lodging, 5 days, 5 meals, more! \$1,729pp/do.
- Dec. 1, 2009. Mohegan Sun Casino & Cornerstone Theater, Mystic, CT. "Mistletoed". 7:15am. \$61.00pp.
- Sept 20-29, **2010**. Oberammergau Passion Play 2010 – 10 day Alpine Europe Tour featuring Austria, Italy, Switzerland and Germany.



Saturday Night Ballroom Dance News

Congratulations to the Valentine's Day Saturday Night Ballroom Dance winners held February 7th ... **Lee Allen**, chosen "Queen of Hearts" was presented with flowers and a box of chocolates. The "Court" consisted of **Arline Poirier** and **Marguerite Kmiec**, who were each presented with a box of chocolates.



INCOME TAX RETURNS



Tax season is here and Tax Assistance is Available February 2 through April 15th, filing deadline day. Appointments are required and can be made by calling 978-983-8825. Please remember, this is a **volunteer service** and the program is designed to help Methuen seniors with **limited income** and **limited investments**! Appointments are limited to 45 minutes.

Who must file?

Single	Under 65	Gross income \$ 8, 950 or more
	65 or older	Gross Income \$10,300 or more
Married	Under 65 (both)	Gross income \$17,900 or more
(jointly)	65 + (one spouse)	Gross income \$18,950 or more
	65 + (both)	Gross income \$20,000 or more

Stimulus Tax Rebate: If you didn't receive a tax rebate in 2008 or if you didn't receive the maximum allowed, you may qualify this year.

Senior Circuit Breaker Credit: Residents of MA 65 or older who qualify are eligible for a credit/refund of up to \$930, regardless of whether they paid state income tax or were required to file a tax return.

What Documents You Should Bring To Your Appointment:

- Copy of last year's tax return (Federal & State).
- All W-2's, 1099's and other information related to taxes. Last year's real estate tax bills or amounts paid
- Last year's water & sewer bills or amounts paid
- Form MA 1099HC

Informational/Educational Coffee Hour

What: Home Medical Supply Information including Demonstrations, Medicare Coverage and Questions and Answers.

When: Wednesday, March 11, 2009
10:30-11:30am



Hosted by: Conlin's Pharmacy/Home Medical Supply

Where: Methuen Senior Activity Center

All are invited to attend!

Mark Your Calendar!



**INTERGENERATIONAL
SENIOR PROM**
Wednesday, April 8, 2009
1:00-3:30pm



All seniors are invited to share a day of dancing with senior students from Methuen High School!

Hosted by: Methuen Senior Activity Center and the Adopt-A-Grandparent Program. Tickets: \$2.00pp
Watch for developing details!

Happy Birthday



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

Bill Demars	Sal DiStefano	Violet Jessel
Tuffie Hatem	Roland Smith	Mary Letizio
Barbara D'Agata	Janet Chabot	

Do you have a birthday this month? Sign up for the birthday lunch on March 19th, 2009. Reservations must be made no later than 12:00 noon on Mar. 17th. Call 978-983-8825. In the meantime, we wish you...

Happy Birthday!!!

CLUTTER



We all have it, but hate to admit it.

LET IT GO!



How to de-clutter your life and get organized again!

Tuesday, March 17, 2009 ~ 10:00am

at Methuen Senior Activity Center



Learn about:

- Types of clutter, why it's so hard to get rid of it
- Tips for organizing and managing clutter
- How to stay clutter-free once it's gone



Presented by Elder Services of the Merrimack Valley and Methuen Senior Activity Center
Light refreshments will be served

SENATOR KERRY'S OFFICE GENERAL DROP-IN SESSION

Representatives from Senator Kerry's office will be at the
Methuen Senior Activity Center
Thursday, March 5, 2009



11:00-1:00pm

to meet one-on-one with individuals who wish to discuss questions or concerns.

~ All are invited to attend ~

SHARE A TIP

by Dora Atkinson



- Every time you take a garment out of your closet, return the hanger to one end of the rod or to a bin on the floor. You'll never have to rummage through your closet again looking for a spare hanger!
- If you've sprayed too much perfume try rubbing pulse points with a cotton-ball dipped in rubbing alcohol,. The scent will evaporate faster.
- To free up valuable kitchen drawer space, try storing tin foil, plastic wrap and waxed paper on their ends in an empty six-pack holder under your sink instead.
- To save energy and lengthen the life of your refrigerator, clean the condenser coils twice a year.



THRIFT SHOP VOLUNTEER NEEDED



Wednesday Afternoons

12:30 – 3:30pm

Other afternoon shift fill-in positions available.
See office for more information.



Mark Your Calendar!

EYE SCREENING

By Tallman Eye Associates

Tuesday, May 19, 2009 ~ 9-11:30am

By Appointment Only!