



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

M A 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.



May ~ Celebrating Older American's Month!
"Living Today for a Better Tomorrow"



IN APPRECIATION!

Special thanks to all who contributed to the Programming and services at the Senior Center in April including: the Adopt-A-Grandparent Program and Methuen High students for a wonderful intergenerational Senior Prom with more than 200 prom-goers in attendance, Walmart of Methuen for donating film to capture the moment for each person and Piccirillo the Florist for their donation of beautiful carnations for everyone in attendance; Methuen Veteran's Dept. for organizing an informational Veteran's Night event; our Tax Assistants – Dan DiBurro, Carl Much, and Tom Ciaccia– for their outstanding efforts in preparing income tax returns for 186 seniors (WOW!); Atty. Karol Bisbee for continued free monthly legal clinic. We are so grateful to all of you for everything you do!



Be sure to visit with us again this month... there's always something happening! Come be part of it all! **Thank You All!**

RELAY FOR LIFE

The Methuen Senior Activity Center is putting together a team of walkers to participate in the *American Cancer Society's Relay for Life* on May 30-31, 2009. Team members will walk around the Methuen High School Track in one-hour segments – the relay will last 18 hours – so the more walkers, the better. If you can't join us for the walk, please consider pledging a donation to help in the fight against cancer!



CELEBRATE. REMEMBER. FIGHT BACK.

More information on this important event is available in the office.

MEMORIALS

Memorials have been received in memory of:



- Denis Bourassa**
- Doris Bradish**
- Irene A. Collins**
- Daniel Ford**
- Margaret C. Hill**
- Ada Price**
- Salvatore T. Privitera**
- Liberto Spaziante**

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**

- 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
- 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.



**JEWELRY SALE**



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

**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!)



MAY 2009 CALENDAR OF EVENTS



Sept 15 Oct 20 Nov 17 Dec 15


- May 5 Informational Safety Series. 9:30-11:00am. Methuen Police Dept. will discuss Safety Matters. (Part 1 of a 6 Part Series). Details inside..
- May 5 TRIAD Meeting. 10:00am. All are welcome.
- May 6 Informational Talk: Homestead Act. 10:00-11:00am. Speaker: Atty. Robert Kelley, Register of Deeds.
- May 8 Annual Arts, Crafts & Music Festival..Details inside! 9:00am-3:00pm.
- May 12 Blood Pressure Clinic. 9-11:00am.
- May 5 Informational Safety Series. 9:30-11:00am. Methuen Fire Dept. will discuss Safety in the Home. (Part 2 of a 6). Details inside.
- May 12 Ice Cream Social. Music by Dick Arsenaault. Sponsored by Trustees. 1:00-3:00pm.
- May 13 Stamps. Postage stamps available for purchase in lobby area. 10:30am.
- May 16 ☺ Sat. Night Ballroom Dancing. New Life. 7:30pm. \$8.00pp.
- May 19 Informational Safety Series. 9:30-11:00am. AAA – “Safe Driving Habits” (Part 3 of a 6) Details inside.
- May 19 AARP Meeting. 1:00pm.
- May 19 Foot Care Clinic. By Appt. Only. \$25.00 fee.
- May 19 Eye Screening. Sponsored by Tallman Eye Associates. 9:00-11:30am. By appointment only.
- May 20 Methuen Veterans Agent, Tom Hargreaves available to meet with senior veterans. 10:00am.
- May 20 Informational Talk. Atty. Faith Delaney – “Conducting Your Legal Checkup”. 10:00am.
- May 20 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum).
- May 21 Salute to Veterans Coffee Hour. 9:30-11:00am.
- May 21 Birthday Party. 11:30am.
- May 25 Memorial Day. Center Closed.
- May 26 Informational Safety Series. 9:30-11:00am. Methuen Health Dept. will discuss Emergency Management. (Part 4 of a 6). Details inside.
- May 26 Blood Pressure Clinic. 9:00-11:00am.
- May 27 Brown Bag Prescription Check. 9:30-11am. Sponsored by Methuen Target Pharmacy.
- May 27 N.A.R.F.E. Meeting. 2:00pm.
- May 28 Day Trip: Foxwoods Casino. 6:30am. \$25.00.

COMING SOON...

- June 2 Informational Safety Series. 9:30-11:00am. Essex County D.A.’s Office & Sheriff’s Dept. will discuss ID Theft & Proper Disposal of Medications.. (Part 5 of 6). Details inside.
- June 3 Musical concert by Ruth Harcovitz performing “Broadway Cavalcade”. 1:00pm. Free. All are welcome. Sponsored by Methuen Cultural Council and River Bay Club.
- June 4 Country Line Dance with Jason! 1:00-3:00pm. Watch for details.
- June 6 ☺ Sat. Night Ballroom Dancing. The Mel Tones. 7:30pm. \$8.00pp.
- June 8 Informational Talk: Stroke Risk Factors. 10:30-11:30am. More details to come.
- June 9 Informational Safety Series (part 6 of 6). Senior morning at Methuen Police Dept. Details inside.
- June 10 Stamps. Postage stamps available for purchase in lobby area. 10:30am.
- June 13 Dance! Music by DJ’s Dick & Diane! 1:00-4:00pm. Watch for more details.
- June 16 AARP Meeting. 1:00pm.
- June 16 Foot Care Clinic. By Appt. Only. \$25.00 fee.
- June 17 Methuen Veterans Agent, Tom Hargreaves will be available at the Center to meet with senior veterans. 10:00am.
- June 17 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum).
- June 17 45’s Tournament! “Us” vs. “Them”. Seniors against Methuen Police Dept!. 1:00-3:30pm. Join the fun. Sign up in the office!
- June 18 Birthday Party! 11:30am.
- June 20 ☺ Sat. Night Ballroom Dancing. Fred Manzi Trio. 7:30pm. \$8.00pp.
- June 23 Senior Breakfast hosted by Methuen Village. 8:00am. Watch for more details to come!
- June 25 Day Trip: Foxwoods Casino. 6:30am. \$25.00pp.




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.



19 June 16 July 21 Aug 25

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

May 12 & 26	June 9 and 23	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!

*A MESSAGE FROM THE EXECUTIVE DIRECTOR
AND CHAIRMAN OF THE COUNCIL ON AGING*

On May 23, 1982, the Methuen Council on Aging officially initiated a communitywide effort to support the creation and development of a new senior center in Methuen to honor the life-long contributions of older persons to the City of Methuen. At the groundbreaking for the Center, former U.S. Senator Paul Tsongas said "I applaud you (Rene Morissette, Chair of the Council on Aging) and your fellow Building Committee members for your innovative and highly successful fundraising effort on behalf of the senior citizens of Methuen. Your ability to rely on community support and assistance rather than on federal or state funding is indeed admirable during this period of declining available resources. The Methuen Senior Activity Center will stand as a strong tribute to the enthusiasm and concern of the community it serves."

This year, in May of 2009, we celebrate the silver anniversary of the ribbon cutting ceremony honoring the grand opening of the Methuen Senior Activity Center twenty-five years ago! We invite you to join with us as we celebrate our Open House and Arts, Crafts and Music Festival in honor of the person who devoted more than 30 years of his life, building and developing the Center as we know it now. May 8th, 2009 will be designated "Rene J. Morissette Day" in Methuen. His dream was to have a place where people could gather to make friends, learn new things, and enhance their lives in many ways. He fulfilled his dream. His life is an inspiration to all who knew his boundless energy, unending caring and incredible enthusiasm. Please join with us on this special day where artworks of all kinds will be on display and the Happy Hearts Choral Group will perform at 1:00pm with a special tribute to the Armed Forces.

In friendship and gratefulness,

Corinne C. LaCharite, Executive Director

D. Monica Pitman, Chair, Council on Aging

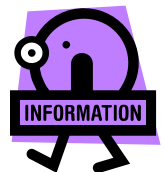
Clip & Save



6 PART SAFETY SERIES

Sponsored by Methuen TRIAD at Methuen Senior Activity Center

The Methuen Senior Activity Center, Methuen TRIAD and Methuen Police Department are pleased to announce the following informational series to be held at the senior center.









Methuen TRIAD encourages everyone to participate in these important safety presentations! Be sure to enter your name in the free raffle at each session you attend. At the conclusion of the series, one winner will be drawn to win a \$25.00 Market Basket Gift Certificate! The more you attend the more raffle entry chances you get!

- **Tuesday, May 5** - 9:30-11:00, Methuen Police Department will discuss safety issues that effect seniors and the community.
- **Tuesday, May 12** - 9:30 -11:00 Methuen Fire Department will host a fire prevention and safety in the homes informational
- **Tuesday, May 19** - 9:30 - 11:00 - AAA will discuss driving safety
- **Tuesday, May 26** - 9:30 -11:00 - Methuen Health Department and Emergency Management. Discussion on what to do in the event of an emergency and preparedness.
- **Tuesday, June 2** - 9:30 -11:00 Essex County District Attorney and Essex County Sheriff's Departments will discuss ID Theft and Proper Disposal of Medications.

- **Tuesday, June 9** - 9:30-11:00 – Senior Morning at Methuen Police Dept. Take a tour of the station and meet and speak with K-9 Sugar and her handler, Ofc. Prindle. Also bring any questions from previous lectures that you may have and we'll discuss them!



MAY 2009

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>8:00-9:00 CHAIR YOGA</p> <p>9:30-12:00 JAPANESE BUNKA</p> <p>9:30-10:30 MODIFIED AEROBICS</p> <p>9:30-11:30 NEEDLEARTS</p> <p>12:00-3:30 SHUFFLEBOARD ~~~~~</p> <p>EZ Trans Assist Van 685-8767 or for a cab 1-877-308-7267 48 Hrs. Advance Notice Required ~~~~~</p> <p>PLEASE NOTE: Exercise programs, yoga and dance classes run continuously throughout the year. Craft classes run on 10 week semesters.</p>	<p>8:00-9:00 AEROFLEX</p> <p>9:15-10:45 DANCE</p> <p>9:00-11:30 12:30-3:00 CERAMICS</p> <p>9:00-11:00 CLINIC 2nd & 4th TUES of the MONTH</p> <p>8:30-11:30 & 12:30-3:30 SHUFFLEBOARD</p> <p>12:30-3:00 KNIT & CROCHET ~~~~~</p> <p>AARP meets the third Tuesday of each month. 1:00pm. ~~~~~</p> <p>Counseling services Tuesdays 9-11am</p> 	<p>8:00-9:00 WEIGHT TRAINING</p> <p>9:00-11:00 11:30-1:30 COMPUTERS</p> <p>9:15-10:15 MODIFIED AEROBICS</p> <p>10:00-12:00 OIL PAINTING</p> <p>9:00-11:30 QUILTING</p> <p>2:15-3:45 ADOPT-A- GRANDPARENT ~~~~~</p> <p>N.A.R.F.E. Meets the last Wednesday of the month at 2:00pm. ~~~~~</p> 	<p>8:00-9:00 AEROFLEX</p> <p>9:00-11:30 QUILTING</p> <p>9:30-10:30 FITNESS CLASS</p> <p>9:00-11:00 11:30-1:30 COMPUTERS</p> <p>9:30-12:00 JAPANESE BUNKA</p> <p>12:30-3:30 BRIDGE</p> <p>12:30-2:00 CHORAL GROUP ~~~~~</p> <p>RIDES AVAILABLE FOR MEDICAL APPOINTMENTS Call Dorothy, 9-12:00n at 978-983-8825. A <u>minimum</u> of 2 days advance notice required.</p>	<p>8:00-9:00 WEIGHT TRAINING</p> <p>9:30-10:30 MODIFIED AEROBICS</p> <p>9:00-10:30 YOGA (On-going)</p> <p>1:00-3:00 BINGO</p> <p>1:00-3:00 KNITTING ~~~~~</p> <p>FOOT CARE CLINIC Once a month . by appt only. \$25.00 charge. Call for schedule. ~~~~~</p> <p>Representative Linda Dean-Campbell will be here Fridays 11:00am- 12:00pm to address questions, concerns & comments.</p>
<p>Our Newsletter & Mailings are sponsored in part by Executive Office of Elder Affairs, One Ashburton Pl. Boston, MA 02108</p> 		<p> LUNCH SERVED Monday through Friday ~11:30am Call Mornings 978-685-8866 (Two day advance notice Required) Donation: \$2.00</p>		<p> The GIFT SHOP and THRIFT SHOP are open Monday – Friday 9:30am – 3:30pm THE PUBLIC IS WELCOME!</p> 



TRAVEL WITH US!

- May 20-22, 2009. Lake Morey Resort, Fairlee, VT. Transportation, 2 Nights, 4 meals, tours, shopping. \$438pp/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.
- 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.
- August 21-27, 2009. The Black Hills & Badlands, S. Dakota. Transportation, lodging, 7days, 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. 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 23, 2009. Indian Head Resort. White Mountains, NH. Lunch, Costume Contest, Live 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. 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 - Austria, Italy, Switzerland & Germany.



VOLUNTEERS NEEDED

Thrift Shop – AM & PM Fill-In Shifts
Gift Shop – Monday 9:00 – 12:30pm
 See office for more information.



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.



Mark Your Calendar!

EYE SCREENING

led by Tallman Eye Associates
 Monday, May 19, 2009 ~ 9-11:30am

Appointment Required! Call 978-983-8825.

SHARE A TIP - by Dora Atkinson

- Dampen the edge of a dustpan before sweeping up. The water helps dust stick to the pan instead of rolling back onto the floor!
- When using a mixer, place the bowl in a clean kitchen sink instead of on countertop. This keeps splatters off walls or backsplash and can be easily rinsed away. Bonus: it's a more comfortable height to hold the mixer!
- Dip a cotton swab in silver polish and use to lift tarnish from the tiny crevices in your silver jewelry. The soft cotton will make the metal glisten without leaving a scratch!



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.



Happy Birthday

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



Tony Carelli Lionel Michaud Ella Miller
Claire Lavin Corinne LaCharite Lynne Moss
Phyllis Hutton Doris Plantamura Lou Letizio

Do you have a birthday this month? Sign up for the birthday lunch on May 21st, 2009. Reservations must be made no later than 12:00 noon on May 19th.

Call 978-983-8825. In the meantime, we wish you...

Happy Birthday!!!



REMINDER

Just a reminder... The City of Methuen mails property tax bills only twice a year. Property tax payments are due February 1, May 1, August 1 and November 1. It is the homeowner's responsibility to remember to remit payment by the due date. It is especially important to remember this for 2 reasons:

1. To avoid a late payment fee, and
2. To be eligible to apply for the Circuit Breaker tax credit on income tax, both payments on the property tax bill must be paid within the tax year.

BROWN BAG PRESCRIPTION CHECK

Wednesday, May 27, 2009

9:30am – 11:00am



2 Pharmacists from the Methuen *Target Pharmacy* will be on hand to check your prescriptions for expirations, possible interaction complications and to review how to take your medication properly.

INFORMATIONAL TALK

What: Conducting Your Legal Checkup. Review of basic estate planning documents, how to provide for others to make financial and medical decisions for you when you are unable to, and how to make sure your legal and financial affairs are in order for the future.

Who: Atty. Faith E. Delaney

When: Wednesday, May 20, 2009

10:00am

Where: Methuen Senior Center



AN IMPORTANT MESSAGE...

Spring is here! The birds and plants are out ... and so are the scam artists! Don't be caught unaware. The National Crime Prevention Council (www.nccpc.org) offers the following hints to "*Be Wise About Scams*"...

- Be wary of strangers in your neighborhood offering services or asking for money.
- Be skeptical of bargain home repair offers – if it sounds too good to be true, it probably is.
- Don't let yourself get pressured into signing a contract or giving a verbal agreement.
- Don't give personal information to people you don't know unless you initiated the contact.
- Get estimates, ask for references (*and don't forget to check them out!*), and never pay for products or services in advance.

If you suspect fraud from a door-to-door salesperson, get the driver's license plate number and call law enforcement immediately!



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 a \$10.00 donation.



Get Your Copy Today!

50/50 CLUB WINNERS

Congratulations to the April 2009 winners

\$	Dorothy Kimball	\$ 190.95	\$
	Carolyn McDougall	\$ 114.57	
	Maria Aprile	\$ 76.38	

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!



CAMPBELL'S SOUP LABELS



Campbell soup labels and General Mills "Box Tops For Education" labels are collected on an on-going basis. These labels are delivered to local schools to be 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.



METHUEN GARDEN CLUB Memorial Day



Is maintaining your loved one's gravesite getting too difficult? The Methuen Garden Club is offering a unique service to help insure your Loved One's final resting place is cared for. A choice of 6 affordable floral packages planted in the ground as well as 2 container arrangements are available to choose from. Planting for the spring season will be done by Memorial Day. The deadline for ordering is **May 11th, 2009**. Packages range from \$18 - \$40 and include geraniums (in a choice of color), along with a mix of dusty miller, marigold and ageratum. The planting, mulch and general cleanup of the site will be done for you by members of the Methuen Garden Club. They do all the work and you enjoy peace of mind!

Package descriptions are available to view on the bulletin board at the Methuen Senior Center. For further information or to place an order, call 978-685-9593 (Deb) or 978-687-9892 (Linda).



FOXWOODS CASINO 2009

THURSDAYS

May 28	June 25	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! Ticket: \$25.00pp – Non-Refundable

FILE OF LIFE

The *File of Life* is a small red vinyl pocket containing vital medical information for first responders. It come in two convenient sizes, a larger one (5"x4") with a magnetic strip on the back that attaches to the refrigerator in the home, or a smaller travel-sized version to keep in your wallet or purse. The medical information you keep in this pocket can be of vital importance to first-responders and other medical personal. **It is important to keep the information up-do-date, so check yours today for accuracy. It could save your life!**



Both sizes of the *File of Life* are available free of charge. If you don't have one already, stop by our office to get one today!

METHUEN SENIOR ACTIVITY CENTER
77 LOWELL STREET
METHUEN, MA 01844

PRSR STD
US POSTAGE
PAID
PERMIT NO. 93
LAWRENCE, MA

ARTS CRAFTS & MUSIC FESTIVAL & OPEN HOUSE

Friday, May 8, 2009 ~ 9:30am - 3:30pm

Come view the art work and talents of Methuen Seniors!

Grand Opening & Proclamation of "Rene J. Morissette Day" 10:00am

All Day Jewelry Sale

Complimentary Coffee & Pastry Hour 9:30-10:30am

Children of Chapel Kindergarten will sing at 10:30am

Performance by the Happy Hearts Choral Group at 1:00pm

Sandwiches & Pastries on sale for Lunch

Proceeds will benefit Community & Intergenerational Programs

On-Going Demonstrations by Crafters

Participation Gift Awards at 2:30pm

Needlearts ~ Japanese Bunka ~ Painting ~ Knitting & Crochet ~ Ceramics ~ Quilting ~ Woodworking ~ Photography

Free Admission!



The Public Is Invited!

The Methuen Council on Aging provides the following services and programs. For more information, call the Center Monday through Friday, 8:00am-4:00pm at 1-978-983-8825. Services are provided according to availability of service staff and volunteers.

- Benefits (Health Insurance) Counseling by appointment.
- Daily Hot Lunch Program and Meals on Wheels. 11:30am
- Transportation for Medical Appointments. Call Dorothy 9:00am - 12:00n.
- Senior/Disabled Property Tax Relief Work Program
- Financial & Retirement Planning Workshops.
- Lending Library. Call Center for listing. Info materials only.
- Gift Shop. M-F 9:30-3:30pm.
- Thrift Shop. M-F 9:30-3:30pm
- Educational & Life Enrichment Programs
- Choral Group
- Advocacy Workshops & Info.
- Trips: Day & Overnight.
- Friendly Visiting (Weekly visits to homebound)
- Counseling for Elders for, grief, depression, grandparenting support, etc.
- Free health aide equipment loans. Wheelchairs, canes, walkers, etc.
- Information & Referral
- Minority Services
- 7 different exercise programs.
- File of Life Emergency Medical Information, Refrigerator Magnets. Yellow Dot Automobile Emergency Info packets. House numbers U.V. Protection Glasses. Dyno-bands.
- Outreach Services.
- Volunteer Matching Services
- Income Tax Assistance
- Intergenerational Programs with Methuen Schools.
- Bi-weekly Health Clinics. 2nd & 4th Tuesday 9-11:00am. Various Screenings.
- Health Care Proxy Forms, Homestead Act Applications, EZ Trans Applications & Reduced Rate Ticket Books.
- Telephone Outreach, Reassurance Calls, Sunshine/ & Sympathy Cards.
- Recreational Activities & Events such as Cabarets!, Ice Cream Socials, BirthdayLunch and more.
- Methuen TRIAD Safety Group