



METHUEN ELDER AFFAIRS
Methuen Activity Center
 77 Lowell Street, Methuen, MA 01844
 (978)983-8825 ~ www.ci.methuen.ma.us
 Monday through Thursday ~ 8:00am – 4:00pm
 Friday ~ 8:00am – 12:30pm

NOVEMBER 2011

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

VOLUNTEER SERVICES

Linda Sheehan

SOCIAL GROUPS

AARP
 Mark Walker

BEANO

Phyllis Hutton

BRIDGE GROUP

Jennie Santacroce

SATURDAY NIGHT BALLROOM DANCE

Elena Ganem, Manny Quintal

SHUFFLEBOARD GROUP

COUNCIL ON AGING

Elena Ganem, Secretary
 Mary Jane Beaulieu, Vice Chair
 Leo Kirane, Treasurer
 Louise Flynn, Honorary

Monica Pitman, Chairman
 Elaine Morissette
 Alfred D'Agata
 Charlotte Blood, Honorary

GREETINGS FROM THE COUNCIL ON AGING

The Methuen Council on Aging consists of a seven member board appointed by the Mayor and approved by the City Council. The Council on Aging's main objectives are: (1) To advocate on behalf of the Methuen elderly population in addressing their needs by identifying and developing community resources of assistance. (2) To set policy for the operation of the Senior Center (3) To provide information, referral, outreach, nutrition and health services in cooperation with other City Departments and area agencies. (4) To enhance the quality of life for Seniors and the Community by providing educational, recreational, cultural programs and activities.




ANNUAL HOLIDAY CRAFT FAIR

At Methuen Senior Activity Center
77 Lowell Street, Methuen

Saturday, November 5, 2011
9:00am-3:00pm

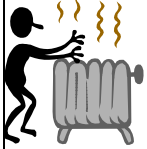
Free Admission!



**The Public
is Welcome!**

Assorted Crafts
Giant Raffle
Hourly Drawings
Pastry Shoppe
Lunchon Snack Bar
Jewelry Table
Gift Shop Table





FUEL ASSISTANCE

Linda Soucy of Community Action will be here Friday, November 18, 2011, 9-11:00am to help you complete Fuel Assistance applications. Appointments are required. Sign up in office.

FREE LEGAL ASSISTANCE. Karol Bisbee, Elder Law Attorney will hold a free legal clinic every third Wednesday of the month from 9:00-11:00am. Appointments made on a first come-first served basis, limited to 15 minutes.



MEMORIALS

Memorials have been received in memory of:



**James M. Champey
Lucy Charette
Fernand Desrosiers
Ellen Scioletti
Michelle Smeester**

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.

## FUNDRAISING ☺

*Please help our efforts to keep the Center safe, clean and well-maintained by attending our **fund-raising activities!** While reading this newsletter, you'll notice a smiley face symbol - ☺ - next to several events. This symbol denotes a fundraising activity sponsored by our non-profit Methuen Senior Activity Center Inc. Committee. Those privately raised funds will be put toward our estimated \$25K in utilities and repairs this fiscal year! Also, please remember to patronize our Thrift & Gift Shops, specially scheduled Jewelry Sales and the on-going 50/50 Raffle as we depend upon these major fund-raising venues to keep us going! **Thank You!***



## **CALL TO SERVE** **"Salute to the Stories"**

**Sunday, November 13, 2011 ~ 2:00pm**

Join us at this special event to thank Veterans and the Service Men & Women who came forward to share their unique personal stories of their experiences in the United States Armed Forces. The **Call to Serve** program, originally started in 2003, has received the *National Hometown Award for Best Senior Programming in the US.*

All are invited! Refreshments will be served.

## **50/50 CLUB WINNERS** ☺

Congratulations to the October 2011 winners

**\$ Tuffic & Diana Hatem \$180.50 \$**  
**Joyce Demers \$108.30 \$**  
**James Corriveau \$72.20**

If you haven't joined the club yet, it's not too late! Enrollment forms are available in the office 6 months (\$24.00) or 12 months (\$48.00). Three chances to win each month! Sign up today!



## Join the Club... METHUEN SENIOR CENTER 50/50 CLUB ☺



**Three Winners Each Month!**

**Membership \$4.00 per month**

**Must be paid 6 month \$24.00 or 12 months \$48.00**

|              |            | <b>Prize Fund</b>                  |                       |                       |
|--------------|------------|------------------------------------|-----------------------|-----------------------|
|              |            | <b>50% of Total Monthly Income</b> |                       |                       |
| # of Members | Prize Fund | 1 <sup>st</sup> Prize              | 2 <sup>nd</sup> Prize | 3 <sup>rd</sup> Prize |
| 100          | \$200      | \$100                              | \$60                  | \$40                  |
| 150          | 300        | 150                                | 90                    | 60                    |
| 200          | 400        | 200                                | 120                   | 80                    |
| 250          | 500        | 250                                | 150                   | 100                   |
| 300          | 600        | 300                                | 180                   | 120                   |
| 350          | 700        | 350                                | 210                   | 140                   |

**For more information, or to join the club, Visit the office at 77 Lowell St, Methuen**

*(Your Donation is Tax Deductible)*

**Membership \$4.00 per month**

**Must be paid 6 months or 12 months**

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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!)



November 2011 Calendar of Events



- Nov 1 Flu Shots. Sponsored by CVS Pharmacy. 9:00-11:00am. By appointment only.
- Nov 2 Senior Breakfast sponsored by Methuen Village Assisted Living Facility. 8:00-10:00am. Space is limited. Reservations required.
- Nov 5 **Annual Holiday Craft Fair. 9-3pm. Open to the Public. Details inside.**
- Nov 7 Coffee Time with Councilor Joyce Campagnone 9:30-11:00am.
- Nov 9 Informational Talk. Homecare: What You Should Know. 10:30am. Speaker: Jo-Ann Thibault, of The Elder Insider. Details page 6.
- Nov 10 Informational: Medicare Part D. Speaker: Denise Quigley, Methuen Walgreens Community Leader will share valuable information and answer questions. 10:30am.
- Nov 11 Veteran's Day. Center Closed.
- Nov 13 Call To Serve: "Salute to the Stories". 2:00pm. Details inside. All are invited to attend.
- Nov 14 Informational Health Talk: Alzheimer's. 10:30am. Speaker: Kelsey Call, ESMV.
- Nov 15 Alzheimer's Informational Booth in the lobby . 9:00-10:00am. Maureen Palla, LPN presenting. Details page 8.
- Nov 15 Alzheimer's/Dementia registration with Methuen Police Dept. 9-11am. Details page 8.
- Nov 15 Foot Care Clinic. 1:00pm. By appt only. \$25 fee.
- Nov 15 AARP Meeting. 1:00pm
- Nov 16 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum)
- Nov 16 Informational Talk: Hal Pierce of ESMV will discuss Medicare Open Enrollment. 1:00pm.
- Nov 17 Birthday Party. 11:30am..
- Nov 18 Fuel Assistance application help. 9:00-11:00am. Call for an appointment.
- Nov 19 © Saturday Night Dancing. The Mel-Tones. 7:30pm. \$8.00pp
- Nov 24/25 Thanksgiving Holiday. Center Closed.
- Nov. 29 Luncheon Social. 12:30pm Details inside.
- Nov 30 N.A.R.F.E. Meeting. 2:00pm. Guest Speaker from Blue Cross/Blue Shield.

- Dec 4 Timberlane Community Band. 2:00pm. Free holiday Concert. Refreshments will be served.
- Dec 8 Holiday Open House. Details inside.
- Dec 14 Special Event! Dick Kaplan Band. 1-3:00pm. Sponsored by Mayor Manzi. Dancing & Refreshments. All are invited! *Snow date: Dec. 21.*
- Dec 15 Birthday Party! 11:30am.
- Dec 17 © Saturday Night Dancing. Pete Saran. 7:30pm. \$8.00pp
- Dec 20 AARP Meeting. 1:00pm
- Dec 20 Foot Care Clinic. 1:00pm. By appt only. \$25 fee.
- Dec 21 Free Legal Clinic. Atty. Karol Bisbee .9-11:00am. Appointment required (15 minutes maximum)
- Dec 26 Christmas Holiday. Center Closed.
- Dec 31 New Year's Eve Dinner Dance.



ANNUAL HOLIDAY OPEN HOUSE Thursday, December 8, 2011

Methuen Senior Activity Center, 77
Lowell St, Methuen



Happy
Hearts Chorus

Performance at 1:00pm
All
Day Jewelry Sale!

Donations of non-perishable
food or monetary donations for
Lazarus House Ministries
will serve as the cost of



Come enjoy a wonderful
selection of holiday music and
refreshments to celebrate the
season!

Watch for more details to come!



COMING SOON...

- Dec 2 Fuel Assistance application help. 9:00-11:00am. Call for an appointment.

IN APPRECIATION...

Special thanks to all who contributed to the programming and services at the Senior Center in October including; Methuen Police Dept for hosting Police Academy; Holy Family Hospital for a delicious healthy cooking demonstration and a diabetes screening; Stuart Millard and Tom Connolly for the informational Medicare 101; Methuen Village for information on their facility; Methuen Firefighters Local 1691 for the spaghetti supper; City Council candidates - Joyce Campagnone, Jeanne Pappalardo, Michael Condon; Jamie Atkinson, Lisa Yarid Ferry and Sean Fountain for coming in





to meet Methuen seniors and treating them all to a month full of coffee hours, breakfast, pizza, bingo and dancing; Mayoral Candidate Steve Zanni for a two ice cream socials and a senior breakfast; Hal Pierce of ESMV for information on Medicare Open Enrollment; and Atty. Bisbee for continued free monthly legal clinic.

Be sure to stop in and visit often. There's always a lot going on!

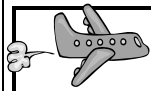


NOVEMBER 2011



<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>1:00-3:00 BINGO ~~~~~</p> <p>EZ Trans Assist Van 685-8767 or for a cab 1-877-308-7267 48 Hrs. Advance Notice Required ~~~~~</p> <p>FOOT CARE CLINIC Once a month by appt only. \$25.00 charge. Call for schedule.</p>	<p>8:00-9:00 AEROFLEX</p> <p>9:00-11:30 12:30-3:00 CERAMICS</p> <p>9:30-11:00 DANCE</p> <p>9:00-11:00 CLINIC 2nd & 4th TUES of the MONTH</p> <p>8:30-11:30 & SHUFFLEBOARD</p> <p>12:30-3:00 KNIT & CROCHET ~~~~~</p> <p>Counseling services Tuesdays 9-11am ~~~~~</p> <p>AARP meets the third Tuesday of each month. 1:00pm ~~~~~</p> <p>4th TUESDAYS Lois Marra, Merrimack Valley Hospice Bereavement Counselor 4th Tuesday of the month, 10:45 am</p>	<p>8:00-9:00 WEIGHT TRAINING</p> <p>9:15-10:15 MODIFIED AEROBICS</p> <p>9:00-11:30 QUILTING</p> <p>10:00-12:00 OIL PAINTING</p> <p>2:15-3:45 ADOPT-A-GRANDPARENT ~~~~~</p> <p>Tom Hargreaves of Methuen Veterans Dept. Office Hours 3rd Wednesday of the month. 10-11:30am ~~~~~</p> <p>LEGAL CLINIC Atty. Karol Bisbee- 3rd Wednesday of the month by appointment</p>	<p>8:00-9:00 CHAIR YOGA</p> <p>9:00-11:30 QUILTING</p> <p>9:30-12:00 JAPANESE BUNKA</p> <p>9:30-10:30 FITNESS CLASS</p> <p>12:30-3:30 BRIDGE</p> <p>12:30-2:00 CHORAL GROUP</p> <p>1:00-3:00 KNITTING CIRCLE ~~~~~</p> <p>RIDES FOR MEDICAL APPOINTMENTS Call Dorothy, 9-12:00n at 978-983-8825. A <u>minimum</u> of 4 days advance notice required</p>	<p>8:00-9:00 WEIGHT TRAINING</p> <p>9:00-10:30 YOGA (On-going)</p> <p>9:30-10:30 MODIFIED AEROBICS ~~~~~</p> <p>State Rep. Linda Dean-Campbell or an aide from her office will be here Fridays 11:00am-12:00pm to address questions, concerns & comments. ~~~~~</p> <p>PLEASE NOTE: Exercise programs, yoga and dance classes run continuously throughout the year. Craft classes run on 10 week semesters</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 Mon-Thur 9:30am-3:30pm Fri 9:30-12:20 THE PUBLIC IS WELCOME!</p> 	





TRAVEL WITH US!

NOTICE: Tickets must be purchased at time of reservation. Tickets are non-refundable.

For complete details about trips hosted by the Methuen Senior Activity Center, including participant responsibility, a comprehensive "Trip Policy" outline is posted at the Senior Center and copies are available in the main office. All participants are required to have "Emergency Contact" information on them throughout the trip. Wallet sized "**File of Life**" information packets are available free, in the office, for your convenience!

- **Nov. 10, 2011. Day Trip: Impressionist Mark Verselli at Angelica's Ballroom, Middleton, MA. Lunch and Show. Drive on your own – plan to arrive at 11:30am. \$45.00pp.**
- Nov.10-19, 2011. Rome & Amalfi Coast. 10 days, 13 meals, lodging, airfare. \$2,699pp/do.
- Dec. 6-8, 2011. New York City... and "Do Your Own Thing". Includes: motorcoach transportation, 2 nights lodging, 3 meals, shopping/sight seeing. Stop at Rein's Deli enroute home! \$645pp/do.
- **Dec. 13, 2011. Day Trip: "The Hu Ke Lau" Show & Lunch, Shopping and Bright Nights at Forest Park. 9:30am. \$69.00pp.**
- Jan. 25-Feb 2, 2012. Discover Panama: The Land Between the Seas. \$2,699pp/do.
- Feb.8-18, 2012. Best of Times Golden Oldies Cruise. Eastern Carribean from NY City. From \$1,099pp/do.
- **Feb. 16, 2012. Day Trip: Mary Poppins at The Providence Performing Arts Center. Lunch at Lancellotta's Restaurant. 9:45am. \$89 pp.**
- March 30-April 2, 2012. Washington, DC. 3 nights, 5 meals, tours and sightseeing. \$670pp/do.
- April 23-26, 2012. Penn-Dutch Tour. 3 nights, 6 meals, sightseeing, tours, show. \$645pp/do.
- May 21-24, 2012. Niagara Falls. 3 nights, 3 breakfasts, 3 dinners, entertainment, sights and more! \$795pp/do.
- June 3-6, 2012. Quebec City. 3 nights, 6 meals, lodging, sightseeing and tours. \$845pp/do
- June 18-23 or June 23-28, 2012. Boston to Canada aboard the Carnival Glory. 6 days/5 nights.
- July 17-19, 2012. Boothbay Harbor, Maine Lobsterbake Tour. 2 nights, 5 meals (including lobsterbake), boat cruise, sightseeing! \$420pp/do.
- Sept. 25-27, 2012. Pennsylvania Poconos. 2 nights, 4 meals, sightseeing, viist to Callie's Candy & Pretzel factories. \$496pp/do.

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

This Month: Nov 8 & Nov. 22, 2011

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



HAPPY BIRTHDAY!

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



Helen Cooper	Grace Iarossi	Diana Rotondo
Ida Leone	Gloria Kirane	Jerry Donovan
Roland Glaude	Ida Bardwell	Leo Kirane

Do you have a birthday this month? Sign up for the birthday lunch on November 17th. Reservations must be made no later than 12:00 noon on Nov. 15. Call 978-983-8825. In the meantime... **Happy Birthday!**

SHARE A TIP by Dora Atkinson



- Save time and energy. Double a recipe and freeze half to use another time when you're pressed for time or just don't feel like cooking.
- Coat small paper cups with cooking spray to make individual molds for gelatin.



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!

Fourth Tuesdays. Lois Marra of Merrimack Valley Hospice offers information and support for those suffering loss. Meetings held the 4th Tuesday of each month 10-11:00am.
No appointment necessary.

Did you know you can access our newsletter on the internet? Go www.ci.methuen.ma.us. In the left hand column, click *city departments*, then click *senior center*.



INFORMATIONAL TALK: Home Care: What You Should Know! Wed. Nov. 9, 2011 ~ 10:30-11:30am

Jo-Ann Thibault of The Elder Insider will discuss the difference between Home Care Agencies, the difference between Visiting Nursing and Private Pay Home Care, what you can expect from a Home Care Agency, and costs involved in private pay home care. Come learn the FACTS about home care so you can choose wisely!



F R I E N D S



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, future goals and provide you with a report on how the **Friends Funds** have been utilized. Big Thanks to everyone who has already joined Our Friends group continues to grow this month...

Rose Campiola, Josephine Carelli, Millie Dome, Jeanette Donnelly, Blanche Fawcett,, Peg O'Connell, Angie O'Leary, Virginia Russo, Carolyn White, and several anonymous donors (Donation period: Sept 13- Oct 17, 2011)

WISH LIST

In continued effort to stretch our budget, we gratefully accept donations. Some items on our wish list include: small paper plates, paper towels, napkins, coffee (both decaf and regular), duct, masking and clear tape, pens/pencils, and extra large American flags for our outdoor flag pole! **Thank you!**



SPECIAL THANKS TO EVERYONE WHO HAS DONATED TO OUR WISH LIST ALREADY! IT'S BEEN A BIG HELP!

OTHER HAPPENINGS IN OUR COMMUNITY



- **Hand in Hand Dementia Program** at Nevin's Adult Day Health, 12 Ingalls Ct, Methuen. Thursday, Nov. 10, 2011. 8:30-9:30am. Informa-tional session about caring for patients with Alzheimer's presented by Rev. Lois Copolla, M.Div., Joe Ackerman, MSW, LCSW, CST, Merrimack Valley Hospice.
- **The Holy Family Hospital** hosts a full course dinner for seniors on the 3rd Wednesday of every month. Cost is \$5.00pp. Guest speakers and light enter tainment provided. Space is limited so **reservations are required**. Call 1-800-488-5959.
- **The Holy Family Hospital** is looking for volun-teers who enjoy sewing. Anyone who would like to sew together simple cloth bags should contact Stacey Sherman, Director of Volunteers at 978-687-0156 x2440. All materials will be supplied and the work can be done in your own home or at the hospital. A sewing machine is available for use in the volunteer office if needed.



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!



Thursday, Nov. 10, 2011. 10:30. Speaker:
Denise Quigley, Methuen Walgreens
Community Leader.
Wed. Nov. 16, 2011. 1:00pm. Speaker:
Hal Pierce, SHINE Counselor, Elder
Services of the Merrimack Valley, Inc.

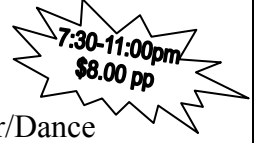


2011 SATURDAY NIGHT DANCING



At Methuen Senior Activity Center
77 Lowell St, Methuen ~ 978.983.8825

Nov 19 The Mel-Tones
Dec 17 Pete Saran – New Life
Dec 31 New Year's Eve Dinner/Dance
Fred Manzi Trio. Tickets: \$50pp



Tickets available in the office and at the door.
Come in costume for our specially marked dances!

Have you made your New Year's
Eve Plans Yet?
Join us!

Space Is Limited - Tickets Available
In The Office



New Year's Eve Dinner/Dance

Saturday,

December 31, 2011


Methuen Senior Activity Center, 77
Lowell St. Methuen

Complete Dinner with Wine 7:00pm

Menu by: Castle Caterers

★ Lemon Sorbet ~ Tossed Green Salad
Rolls & Butter

King Arthur's Prime Rib
Red Bliss Potatoes, Buttered Baby
Peas

Strawberry Shortcake 

Dancing 8:30-12:30am

Music by: The Fred Manzi Trio

BYOB ~ Favors/Champagne ~ No
Refunds

\$50.00 per person ~ Doors open at 6:30pm
~ Public Invited!

Join Us For The Afternoon

Lunch & Dancing

Tuesday, November 29, 2011



Methuen Senior Activity Center, 77 Lowell St, Methuen
Lunch: 12:30-1:30 ~ Dancing: 1:30-3:30

Music by Dick Arsenault

Lunch by Borrelli's Italian Deli

Baked Ziti, Meatballs, Salad,

Rolls & Butter Coffee & Brownies

Ticket Purchase Deadline: Nov 22 ~ \$10.00pp



Holiday

Concert

Methuen Senior
Activity Center
77 Lowell Street,
Methuen

Sunday, December 4, 2011
~ 2:00pm

Timberlane Community Band

A sixty piece concert band playing
the

Merrimack Valley in MA & NH
Open to the public!

Complimentary Admission!



MEDICARE D (Open Enrollment) Informational Sessions

If you've got questions about Medicare Part D
during this open enrollment period, be sure to
come to one (or both!) of these informational
sessions for all the answers!

FOR YOUR HEALTH THIS MONTH

Do you have a friend or family member suffering from Alzheimer's and need some direction? Be sure to stop by for some valuable information!

- Mon. Nov. 14 Kelsey Call from Elder Services of the Merrimack Valley will give a presentation followed by Q & A session. 10:30am.
- Tues. Nov. 15 Maureen Palla, LPN of Home Health VNA/MerrimackValley Hospice/ Homecare Inc. will have a booth in the lobby with information and literature and to help answer your questions. 9:00-10:00am.
- Tuesday, Nov. 15. Methuen Police Dept will also be here to offer registration of Methuen residents diagnosed with Alzheimer's/Dementia. 9-11:00am. No appointment necessary.