



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

OCTOBER 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/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

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*

GREETINGS FROM THE COUNCIL ON AGING

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



IN APPRECIATION...

Special thanks to all who contributed to the programming and services at the Senior Center in September including; Best of Times Travel for information on the upcoming Golden Oldies Cruise; everyone who participated in the We Remember (9/11) program especially Mayor Manzi, Rep. Linda Dean Campbell, Firefighter James Garrity, Methuen Police Dept. Honor Guard officers Frank Lascola, Kenneth Leone, Richard Pilz and Christine Nicolosi, Methuen Exchange Club, Happy Hearts Choral Group and trumpeteer Ryan Barry; Lois Marra of Merrimack Valley Hospice for Aging Gracefully program; Bill Cutler for Civil War Presentation; Rep. Linda Dean Campbell for a fun ice cream social; the Happy Hearts Choral Group and guest emcee John Molori for 2 wonderful performances of the "2011 Big Show"; MA College of Pharmacy for an informative presentation on medications and more; Stuart Millard for the Medicare 101 information; and Atty. Bisbee for continued free monthly legal clinic.



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

**Don't Miss This Special Saturday
Thrift & Gift Shop Day!
October 1, 2011 ~ 9-2pm
Special Feature: Thrift Shop "Stuff a Bag"Event!**



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:



**Pauline Barcellona
James M. Champey
Evelyn Charest
Patricia K. Clarke
Jeanette Gelt
Anne Marie Pedneault
Mary D. Surette**

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!**



## HELPING HANDS

The Methuen Senior Activity Center recently donated \$100.00 to the Massachusetts Association of Senior Centers to be used towards senior centers that experienced damages due to the tornado on June 1, 2011. MCOA conducts an annual fundraising campaign to address a serious need incurred by Senior Centers in the Commonwealth.

## 50/50 CLUB WINNERS ☺

Congratulations to the **September 2011** winners

**\$ Josephine McDougall \$186.20 \$**  
**Sheila McGravey \$111.72**  
**Thomas Savastano \$ 74.48**

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**

|              |            | <u>Prize Fund</u>           |                       |                       |
|--------------|------------|-----------------------------|-----------------------|-----------------------|
|              |            | 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**

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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!)



October 2011 Calendar of Events



- Sat 1 Thrift Shop Open 9:00am-2:00pm. Special Sale Day featuring "Stuff a Bag"!
- Tues 4 Police Academy. Hosted by Methuen Police Dept. 5 week program on Tuesdays. Details inside.
- Wed 5 Healthy Cooking Demo. Sponsored by Holy Family Hospital. 1:00pm. Watch for more details.
- Thur 6 Informational Trip Talk: Collette Vacations to present info on upcoming trips. 10:30am.
- Fri 7 Informational Health Program: Diabetes Screening. Sponsored by Holy Family Hospital. 8:30-11:00am.
- Mon 10 Columbus Day. Center Closed.
- Wed 12 Informational Presentation: Methuen Village Assisted Living facility. 10:30am.
- Wed 12 Free Spaghetti & Meatball Supper for Methuen Seniors. Sponsored by Methuen Firefighters Local 1691. 4:00-6:00pm.
- Thur 13 Luncheon Social. 1-3:pm. Details inside.
- Sat 15 © Saturday Night Dancing. The Entertainers. 7:30pm. \$8.00pp
- Tue 18 Foot Care Clinic. 1:00pm. By appt only. \$25 fee.
- Tues 18 AARP Meeting. 1:00pm
- Wed 19 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum)
- Wed 19 Informational Talk: Hal Pierce of ESMV will discuss Medicare Open Enrollment. 1:00pm.
- Thur 20 Coffee Time with Councilor Joyce Campagnone. 9:30-11:00am.
- Thur 20 Birthday Party! 11:30am.
- Sat 22 Pancake Breakfast for Methuen Seniors. Hosted by Michael Condon, Candidate for City Councilor at Large. 8-10:00am.
- Wed 26 Halloween Pizza Party for Methuen Seniors 1-3pm sponsored by Councilor Jeanne Pappalardo. Music by Dick Arsenault.
- Thur 27 Day Trip: Foxwoods Casino. 6:30am. \$25.00pp.
- Sat 29 Breakfast for Methuen Seniors. Hosted by Mayoral Candidate, Steve Zanni. 8-10:00am.
- Sat 29 © Saturday Night Dancing. Fred Manzi Trio. 7:30pm. \$8.00pp
- Mon 31 Halloween Bingo with Dessert Bar. 1-3:00pm. Sponsored by City Council Candidates Jamie Atkinson (Central), Lisa Yarid Ferry (Central) and Sean Fountain (West). Prizes for Best Costume and winning Bingo players!



COMING SOON...



- 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 (Tentative) Informational Talk: Homecare and What You Need to Know. 10:30am.
- Nov 11 Veteran's Day. Center Closed.
- 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 19 © Saturday Night Dancing. The Mel-Tones. 7:30pm. \$8.00pp
- Nov 24/25 Thanksgiving Holiday. Center Closed.
- Nov 30 N.A.R.F.E. Meeting. 2:00pm. Guest Speaker from Blue Cross/Blue Shield.



ANNUAL HOLIDAY CRAFT FAIR

At Methuen Senior Activity Center
77 Lowell Street, Methuen

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

Assorted Crafts

Giant Raffle

Hourly Drawings

Pastry Shoppe

Luncheon Snack Bar

Jewelry Table

Gift Shop Table

*Free
Admission!*






*The Public
Is Welcome!*


**All Crafters are invited to participate!
Space is still available. Call 978-983-8825.**


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.

OCTOBER 2011

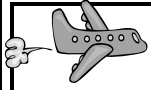
<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>8:00-9:00 CHAIR YOGA</p> <p>9:30-12:00 JAPANESE BUNKA</p> <p>9:30-10:30 MODIFIED AEROBICS</p> <p>9:30-11:30 NEEDLEARTS</p> <p>1:00-3:00 BINGO ~~~~~</p> <p>EZ Trans Assist Van 685-8767 or for a cab 1-877-308-7267 48 Hrs. Advance 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 ~~~~~</p> <p>RIDES FOR MEDICAL APPOINTMENTS Call Dorothy, 9-12:00n at 978-983-8825. A <i>minimum</i> 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> 

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 9:30-12:20
THE PUBLIC IS WELCOME! 



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!

- Oct. 2-8, 2011. Myrtle Beach. 4 nights lodging, 12 meals, shows, garden visit, sightseeing! \$1285pp/do.
- **Oct. 14, 2011. Day Trip: Leaf Peepers Foliage Trip. Tour Smith's Country Cheese in Winchendon, MA, lunch at The Inn at East Hill, Troy, NH, visit to Alyson's Orchards, Walpole, NH. 8:30am. \$60.00pp.**
- Oct. 20-29, 2011. Hawaiian Adventure. Oahu, Kauai and Maui. 10 days, 13 meals. \$3,799pp/do.
- Nov 1-2, 2011. The Beacon Resort, Lincoln, NH. Includes 4 meals, visit from Santa, games, cocktail party, lodging and transportation. \$220pp/do.
- **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
- June18-23 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.

HAPPY BIRTHDAY!

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



Maureen Albis	Clotilde Palmariello	Joan Zonfa
Marilyn Freeman	Maureen Donovan	Kay Espinola
Elaine Morissette	Josephine Jennings	Tom Johnson
Linda Ostrowski	Arthur Ouellette	Ron Chabot
Barbra Skinner	Theresa Robinson	Joan Bamford
Evelyn Ebert-Wetherbee		

Do you have a birthday this month? Sign up for the birthday lunch on October 20th. Reservations must be made no later than 12:00 noon on Oct. 18. Call 978-983-8825. In the meantime... **Happy Birthday!**

BLOOD PRESSURE CLINIC ~ 9-11:00am 2nd & 4th Tuesdays of the Month This Month: Oct. 11 & Oct. 25, 2011

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



SHARE A TIP by Dora Atkinson



- If you've dropped pins or paper clips all over the floor – don't despair! Take a magnet off the fridge and place it in a plastic baggie. Wearing the bag & magnet on your hand like a mitt, wave the magnet over the spill to collect all, then simply turn bag inside out to capture all the loose pieces!
- An ice cube tray in your "junk drawer" will help keep all the odd bits that accumulate there neat. Also works great to keep jewelry separated in the drawer!



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!

Foxwoods Casino!

Thursday, October 27, 2011



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



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, 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...

The Abruzzi Family, Mary Addesa, Maureen Albis, Joan Bamford, Joan Bardsley, Emily Barnes, Florence Bergeron, Diane Bradley, Anne Calderone, Rose Campiola, Barbara D'Agata, Jeanette Donnelly, Maureen Donovan, Dr. James Drew, Mater Dudley, Anne Gosselin,, Pauline & George Hargreaves, Gloria & Leo Kirane, Barbara Leonhart, Caroline Pelletier, Ruth Piccolomini, John & Monica Pitman, Elvira Proctor, Theresa Robinson, Charles Russek, and several anonymous donors

(Donation period: Aug 3, - Sept 8, 2011)

WISH LIST

In continued effort to stretch our budget, donations are always gratefully accepted. 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!**



POLICE ACADEMY

The Methuen Police Dept will host a 5 week Police Academy **Tuesdays** from **12:30-3:00pm** beginning **Oct 4 through Nov 1**. Classes include: Welcome by Chief Solomon, History of the Methuen Police Dept., Equipment and Uses, Patrol Tactics, Special Ops and Criminal Investigations. Class size is limited and registration is on a first come, first served basis.

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**.

OTHER HAPPENINGS IN OUR COMMUNITY



- **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 entertainment provided. Space is limited so **reservations are required**. Call 1-800-488-5959.
- **The Holy Family Hospital** is looking for volunteers 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.

MEDICARE INFORMATION SESSION

OCTOBER 19, 2011 ~ 1:00PM

Presented by Hal Pierce,

SHINE Counselor, ESMV, Inc.

Methuen Senior Activity Center 77 Lowell St, Methuen

Don't be left out! New Open Enrollment Dates Oct. 15- Dec. 7 for Medicare Advantage and Drug Plans
Open enrollment is much earlier this year and early preparation is key. What should you do first?

- Review your **Prescription Drug and Health Insurance Needs**. By September 15th, see your physician and review your medications! Check for contraindications, possible use of generics, and whether you can eliminate unneeded medications. Is your health insurance the right plan? Do you have additional costs or restrictions that are problematic?
- **Prevention** is the best medicine. While at the doctor's, review preventative services under Medicare and sign up for the Annual (FREE) Wellness Visit.
- **Understand** the plan changes. By October 1st, you should receive the 2012 "Medicare and You" handbook. Review the changes at the back of the guide or go to www.medicare.gov. You may expect a lot of marketing material soon, but please know that help is available if you find it confusing.
- **Obtain Information & Assistance**. If you would like to learn about your options, wish to save money or need assistance to change your plan, attend one of the regional SHINE presentations advertised in your local newspaper, call your SHINE Program at 1-800-AGE-INFO or your local Council on Aging for an appointment.
- **Don't Be Left Out!** Choose your prescription drug and health insurance plan by December 7, 2011 for January 1, 2012. For help call SHINE t 1-800-AGE-INFO (1-800-243-4636, and press "3".

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!



Join Us For The Afternoon

Lunch & Dancing

at Methuen Senior Activity Center

77 Lowell St, Methuen

Thursday, October 13, 2011 Lunch ~ 12:30-1:30

Dancing 1:30-3:00

Music by Dick Arsenault

Lunch by Moe's Italian Sandwiches

Coffee & Dessert

Ticket Purchase Deadline: Oct. 7! ~ \$ 10.00pp



AN IMPORTANT MESSAGE REGARDING FLU SHOTS

Please be advised that the traditional Flu Shot Clinic usually held each fall will **NOT** take place at the Senior Center or St. Lucy's Parish Hall this year. Seniors are encouraged to obtain their flu shot at their physician's office or local pharmacy. Remember to bring your Medicare Card (Part B) with you at the time of immunization. Those without Medicare (Part B) in need of a flu shot, should contact their personal physician or the Methuen Health Dept at 978-983-8655.

2011 SATURDAY NIGHT DANCING

At Methuen Senior Activity Center

77 Lowell St, Methuen ~ 978.983.8825

- | | |
|--------|---|
| Oct 1 | Boots & Company |
| Oct 15 | The Entertainers |
| Oct 29 | Fred Manzi Trio (Halloween) |
| Nov 19 | The Mel-Tones |
| Dec 17 | Pete Saran – New Life |
| Dec 31 | New Year's Eve Dinner/Dance
Fred Manzi Trio (Tickets: TBA) |

7:30-11:00pm
\$8.00 pp



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



Free
Spaghetti Supper
For Methuen Seniors
Wed. Oct 12, 2011
4-6:00pm
Sponsored by
Methuen Fire Dept.
Local 1691

FOR YOUR HEALTH This Month...

- Oct 5 1:00pm. Holy Family Hospital will present a healthy cooking demonstration. All are invited to attend.
- Oct 7 8:30-11:00am. Holy Family Hospital will host a Free Diabetes Screening. No fasting required. Sign up in office.

