



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

S E P T E M B E R 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
Loretta Andrade

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.

**THE HAPPY HEARTS
CHORAL GROUP**

Droudly Present

A Grand Night For Singing
**The Music
of Hollywood**

Show times:
Friday, Sept. 25 at 1:00pm
and
Sunday, Sept. 27 at 2:00pm

Tickets: \$5.00 **The Public is Invited!**



Wanted: Jewelry Sale Items!

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



MEMORIALS

Memorials have been received in memory of:



**Marie Lipfert
Alfred R. Nault
Andrew P. Vaccari**

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.



### SATURDAY NIGHT BALLROOM DANCING!

Saturdays 7:30-11:00pm

- 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.

### 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

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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!)



SEPTEMBER 2009 CALENDAR OF EVENTS

- Tues 1 TRIAD Meeting. 10:00am.
- Mon 7 Labor Day. Center Closed.
- Tues 8 Ice Cream Social sponsored by Mayor Manzi. Music by Chet Harnden. 1:00pm.
- Wed 9 Stamps. Postage stamps available for purchase in lobby area. 10:30am.
- Sat 12 ☺ Sat. Night Ballroom Dancing.. The Mel Tones. 7:30pm. \$8.00pp. 
- Tues 15 AARP Meeting. 1:00pm. All are welcome.
- Tues 15 Foot Care Clinic. By Appt. Only. \$25.00 fee.
- Wed 16 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum).
- Wed 16 Methuen Veterans Agent, Tom Hargreaves available to meet with senior veterans. 10:00am.
- Wed 16 Informational Presentation: Self Defense for Seniors with Larry Giordano. 1:00pm.
- Thurs 17 Coffee Time hosted by Halcyon House. 9:30am
- Thurs 17 Birthday Party. 11:30am.
- Mon 21 Coffee Time hosted by Sunbridge. 9:30am.
- Tues 22 Fourth Tuesdays. Merrimack Valley Hospice offers information and support for those suffering loss. 10-11:30am. 
- Tues 22 Afternoon Dance with *The Come Back Kids*. 1-3pm. Sponsored by Methuen Arts Lottery Cultural Council. Free. All are invited.
- Thurs 24 Day Trip: Foxwoods Casino. 6:30am. \$25pp.
- Fri 25 Happy Hearts Choral Group Big Show! 1:00pm. Details page 1.
- Sun 27 Happy Hearts Choral Group Big Show! 2:00pm.
- Tues 29 Informational Talk: Collette Vacations to discuss upcoming tours for 2010. 10:30am.
- Wed 30 Informational Health Talk: Cardio Vascular Disease. Hosted by Whittier Rehab. 10:30am.
- Wed 30 N.A.R.F.E. Meeting. 2:00pm.



COMING SOON...

- Oct 1 Informational Health Talk: "Aging Gracefully – Staying strong and enjoying life" (part 1 of 2) 10:30-11:30am. Speaker: Lois Marra of Merrimack Valley Hospice.
- Oct 3 ☺ Sat. Night Ballroom Dancing. The Mel Tones. 7:30pm. \$8.00pp.
- Oct 6 TRIAD Meeting. 10:00am.
- Oct 8 Informational Health Talk: "Aging Gracefully – Staying strong and enjoying life" (part 2 of 2) 10:30-11:30am. Speaker: Lois Marra of Merrimack Valley Hospice.
- Oct 12 Columbus Day. Center Closed.
- Oct 13 Ice Cream Social. Sponsored by Mayor Manzi. 1-3:00pm. Music by Dick Arsenaault.
- Oct 14 Stamps available for purchase in lobby. 10:30am.
- Oct 14 Informational Talk: Self Defense with Canes. Host: Larry Giordano. 1:00pm. All are invited.
- Oct 15 Informational Health Talk: Respiratory Therapy. Sponsored by Holy Family Hospital. 10-11am.
- Oct 16 2009 Seasonal Flu Shot Clinic. 9-11:00am. Watch for details.
- Oct 20 2009 Seasonal Flu Shot Clinic at St. Lucy's Parish Hall. Watch for more details.
- Oct 20 AARP Meeting. 1:00pm. All are welcome.
- Oct 20 Foot Care Clinic. By Appt. Only. \$25.00 fee.
- Oct 21 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum).
- Oct 21 Methuen Veterans Agent, Tom Hargreaves available to meet with senior veterans. 10:00am.
- Oct 21 Spaghetti Supper for Methuen Seniors hosted by Methuen Fire Dept. 4:00-6:00pm
- Oct 22 Informational Health Talk: Brown Bag Prescription Check. Hosted by Target Pharmacy. 9:30-11:00am.
- Oct 24 ☺ Sat. Night Ballroom Dancing.. Fred Manzi. Trio. 7:30pm. \$8.00pp.
- Oct 27 Fourth Tuesdays. Merrimack Valley Hospice offers information and support for those suffering loss. 10-11:30am.
- Oct 27 Informational Health Talk: Diabetes & Heart. Speaker: Dr. Berry. 1:00pm.
- Oct 28 Halloween Party! Hosted by Councilor Jeanne Pappalardo. 1-3:00pm. Come in costume!
- Oct 29 Day Trip: Foxwoods Casino. 6:30am. \$25pp.
- Oct 31 Pancake Breakfast for Methuen Seniors. Sponsored by Mayor Manzi. 8-10:00am.

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.



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

Sept 8 & 22 Oct 13 & 27 Nov 10 & 24 Dec 8 & 22

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



NOTICE

As of July 1st, 2009 our office hours have changed. The Center is open Monday-Thursday ~ 8:00am-4:00pm and Friday ~ 8:00am-12:30.





INFORMATIONAL TALK

Where Do You Want To Go?

Collette Vacations to discuss upcoming tours for 2010.
Tuesday, September 29, 2009 ~ 10:30am.
All are invited!

Fourth Tuesdays Return!

Lois Marra of Merrimack Valley Hospice offers information and support for those suffering loss. Meetings held the fourth Tuesday of each month. 10:00-11:30am. No appointment necessary.

INFORMATIONAL TALK

What: Self Defense with Canes
When: Wed. October 14, 2009
1:00pm
Hosted by: Larry Giordano.



All are invited.

TO YOUR HEALTH!

Informational Health Programs coming soon!

What: **Cardio Vascular Disease**
When: Wed. Sept. 30, 2009 ~ 10:30am
Speaker: Whittier Rehab

What: **Aging Gracefully – Staying strong and enjoying life** – 2 Part Program
When: (Part 1) October 1, 2009 ~ 10:30-11:30am.
(Part 2) October 8, 2009 ~ 10:30-11:30am
Speaker: Lois Marra of Merrimack Valley Hospice.

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What: **2009 Seasonal Flu Shot Clinic.**
When: October 16, 2009 9-11:00am.
Where: At Methuen Senior Center.
When: Oct 20, 2009 ~ 9:00-11:00am
Where: At St. Lucy's Parish Hall.



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What: **Brown Bag Prescription Check.**
When: October 22, 2009 ~ 9:30-11:00am
Speaker: Target Pharmacy.

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What: **Diabetes & Healthy Aging Expo** with **Free Kidney Screening** sponsored by the National Kidney Foundation
When: November 4, 2009 ~ 9:00-11:30am



September 2009



MONDAY

8:00-9:00
CHAIR YOGA

9:30-12:00
JAPANESE BUNKA

9:30-10:30
MODIFIED
AEROBICS

9:30-11:30
NEEDLEARTS

12:00-3:30
SHUFFLEBOARD

1:00-3:00 BINGO

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### **EZ Trans**

Assist Van  
685-8767  
or for a cab  
1-877-308-7267  
48 Hrs. Advance  
Notice Required

## TUESDAY

8:00-9:00  
AEROFLEX

9:00-11:30  
12:30-3:00  
CERAMICS

9:15-10:45  
DANCE

9:00-11:00 CLINIC  
2<sup>nd</sup> & 4<sup>th</sup> TUES of the MONTH

8:30-11:30 &  
12:30-3:30  
SHUFFLEBOARD

12:30-3:00  
KNIT & CROCHET

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**Counseling services
Tuesdays 9-11am**

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AARP meets the
third Tuesday of each
month. 1:00pm

WEDNESDAY

8:00-9:00
WEIGHT TRAINING

9:15-10:15
MODIFIED
AEROBICS

10:00-12:00
OIL PAINTING

2:15-3:45
ADOPT-A-
GRANDPARENT

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### **FOOT CARE CLINIC**

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



## THURSDAY

8:00-9:00  
AEROFLEX

9:30-10:30  
FITNESS CLASS

12:30-3:30  
BRIDGE

12:30-2:00  
CHORAL GROUP

1:00-3:00  
KNITTING

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RIDES FOR MEDICAL APPOINTMENTS

Call Dorothy, 9-12:00n at
978-983-8825. A
minimum of 2 days
advance notice required.

FRIDAY

8:00-9:00
WEIGHT TRAINING

9:30-10:30
MODIFIED
AEROBICS

9:00-10:30
YOGA (On-going)

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Representative Linda  
Dean-Campbell will be  
here Fridays 11:00am-  
12:00pm to address  
questions, concerns &  
comments.

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PLEASE NOTE:
Exercise programs,
yoga and dance classes
run continuously
throughout the year.
Craft classes run on 10
week semesters

Our Newsletter & Mailings are
sponsored in part by Executive
Office of Elder Affairs,
One Ashburton Pl.
Boston, MA 02108



LUNCH SERVED
Monday through Friday ~11:30am
Call Mornings 978-685-8866
(Two day advance notice Required)
Donation: \$2.00

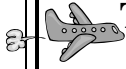


**The GIFT SHOP and
THRIFT SHOP are open**

Mon-Thur 9:30am-3:30pm
Fri 9:30-12:30

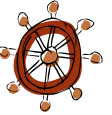


THE PUBLIC IS WELCOME!



TRAVEL WITH US! Please note: Tickets must be purchased at time of reservation. Tickets are non-refundable, however, if a wait-list exists, we will make every effort to re-sell your ticket for you.

- September 4-12, 2009. Trains of the Colorado Rockies. Transportation, lodging, 9 days, 12 meals, more. \$2,579pp/do.
- Sept. 11, 2009. Cathedral of the Pines, Troy, NH. Family style Pot Roast & Roast Turkey. Guided Tour. 8:00am. \$69.00pp.
- Sept. 18-21, 2009. Washington, DC. Transportation, 3 nights lodging, 6 meals, guided tours of WWII Memorial, Capitol Hill, Embassy Row, The White House, The Smithsonian & more. \$375pp/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. 18-22, 2009. Branson, MO. Airfare, 4 nights lodging, 8 meals, showboat cruise/show, 8 other shows, & more! \$1,275pp/do.
- Oct 21, 2009. “Eh Paesan” at Angelica’s Ballroom, Middleton, MA. Dinner/show. \$44.00pp. Transportation on your own – plan to arrive by 11:30am!
- Oct 23, 2009. Indian Head Resort. White Mountains, NH. Lunch, Costume Contest, 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, 2009. Spinelli’s Lunch & Show featuring “The Amazing Angelo”. \$69.00. 10:30am.
- 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. 6, 2009. Lobsterbake at Capt. Jack’s., Mstic, Ct. Shopping/browsing. 9:30am. \$64.00pp.
- Nov. 12-16, 2009. Branson Musical Holiday. Transportation, lodging, 5 days, 5 meals, more! \$1,729pp/do.
- Nov. 29-30, 2009. Christmas at White Mt. Hotel, N. Conway, NH. Transportation, lodging, 3 meals, show, sightseeing, shopping/browsing. \$285pp/do.
- Dec.1, 2009. Mohegan Sun Casino & Cornerstone Theater, Mystic, CT. “Mistletoed”. 7:15am. \$61.00pp.
- Dec. 3-4, 2009. Boar’s Head “Groaning Board” Dinner, Williamstown, MA. Transportation, reception, dinner, cabaret show, breakfast, Norman Rockwell Museum, sightseeing, browsing/shopping. \$285pp/do.
- Sept 20-29, **2010**. Oberammergau Passion Play 10 day Alpine Europe Tour - Austria, Italy, Switzerland & Germany.



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.

Sept 15

Oct 20

Nov 17

Dec 15



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! Thanks.

SHARE A TIP



by Dora Atkinson

- A muffin tin turned upside down makes an excellent cooling rack for pies and cakes. The space between lets cool air flow freely.
- Store batteries in the same direction. If positive and negative ends touch, it can shorten the life of the battery.

Happy Birthday



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

Bob Bistany	Jack Winitzer	Pat Turcott
Tom Panzini	Laura Watson	Joanne Cottone
Genevieve Rourke	Helen Lucchesi	Jane Moffatt

Do you have a birthday this month? Sign up for the birthday lunch on Sept. 17, 2009. Reservations must be made no later than 12:00 noon on Sept. 15th. Call 978-983-8825. In the meantime, we wish you...
Happy Birthday!!!

50/50 CLUB WINNERS ☺

Congratulations to the August 2009 winners

\$	Evelyn Ebert-Wetherbee	\$ 179.55	\$
	Caroline Petrosino	\$ 107.73	
	Dorothy Zazopoulos	\$ 71.82	

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!



CRAFTERS WANTED! FOR ANNUAL HOLIDAY CRAFT FAIR

SATURDAY, NOVEMBER 7, 2009
9:00-3:00PM
AT METHUEN SENIOR CENTER
CALL FOR DETAILS – 978-983-8825



FOXWOODS CASINO 2009 ☺

THURSDAYS

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! Tickets: \$25.00pp – Non-Refundable

BUTTON CELL BATTERY RECYCLING

Help protect the environment! A button cell battery collection box is available in our lobby. Types of batteries that can be deposited include: hearing aids, watches, cameras, calculators and some toys.



AARP NEWS

The Methuen Chapter #2817 was incorporated/organized in 1977. The second President was Herbert Renner. Do you know who the first President was?



Our next scheduled meeting is Tuesday, September 15 at the Methuen Senior Activity Center. All are welcome!



SCHEDULE CHANGE

Please note:

- **Bingo** (formerly held on Friday afternoon) has moved to Monday 1:00-3:00pm. Public invited!
- **Knitting** (formerly on Friday afternoons) will be held on Thursdays from 1:00-3:00pm.



An Afternoon of Dancing with

The Come Back Kids!
Tuesday, September 22, 2009
1:00 - 3:00pm



No Admission Charge
The Public Is Invited!

This program is sponsored by the Massachusetts Cultural Council as administered by the Methuen Arts and Cultural Affairs Commission.

INFORMATIONAL TALK



What: Self Defense for Seniors
with Larry Giordano

When: Wed. September 16, 2009 ~ 1:00pm

Come learn some simple, yet effective defense moves to protect yourself in an emergency. Everyone is encouraged to attend!



METHUEN SENIOR ACTIVITY CENTER
 77 Lowell Street, Methuen, MA 01844 ~ 978-983-8825
 Monday – Thursday 8:00am-4:00pm / Friday 8:00am-12:30pm
CLASS REGISTRATION



Classes run in nine week sessions. The first session begins on or around the second week of September, the second session around the first week in January and the third session around the third week in March. Participants are greatly encouraged to sign up for a full session. Exceptions and refunds will only be possible in the event of illness or unanticipated issues concerning care-giving and other difficulties.

CERAMICS. Sandy Avila teaches two classes every Tuesday from 9-11:30 and 12:30-3:00pm. Sandy brings with her a wealth of experience in ceramic artistry and can help you create just the piece you've always wanted! Space is limited, so be sure to sign up early for this popular class.

COMPUTERS. Experience a wide variety of computer lessons. Beginner, basic and advanced classes are available as well as specialized classes in Word and Excel. Learn to stay informed and in-touch via Internet and E-Mail. Lab time is available by appointment so you can practice what you've learned on your own but still have someone to ask questions to. Wednesdays & Thursdays, 9:30-11:00am, 11:30-1:30pm. \$8.00 per session.

JAPANESE BUNKA. Beverly Enos teaches this beautiful and unique craft every Monday from 9:30-12:00n, and offers two classes on Thursday from 9:30-12:00n. Having actually learned the art in Japan herself, Beverly comes highly qualified to teach this very unique medium. Come learn to create beautiful artwork through this special technique. (See office for class cost).

KNIT & CROCHET. On Tuesdays, Bernie Brown leads his class from 12:30-3:00pm offering assistance, explanation and encouragement! Bernie is talented in many different crafts and comes highly qualified to teach. Whether you've never picked up a pair of knitting needles or crochet hook before or just need a little help with a particular kind of stitch, Bernie will surely be able to get you going!

NEEDLE ARTS. Elaine Pappaconstantinou teaches this class on Mondays from 9:30-11:30am. Instruction will include counted cross-stitch, needlepoint, embroidery, crewel and other special techniques.

OIL PAINTING. Mary Ann Manning offers pointers and encouragement to budding artists. Fun and creativity are the keys to success with the paintbrush. A hidden talent can be found at any age! Wednesday from 10:00am -12:00n.

QUILTING. Connie Grew teaches this ever-popular class. Sessions are held on Wednesdays from 9-11:30am and Thursdays from 9-11:30am. Connie offers a wealth of experience and is a member of the Merrimack Valley Quilters, the American Quilting Society and several other prestigious organizations. There is something very warm and wonderful about quilts... make one for yourself or create an heirloom for someone you love!

AEROBICS. If it's exercise you're looking for, you've come to the right place. Leo Kirane and Rita Neal direct a great modified "low impact" aerobics class every Monday, Wednesday & Friday, 9:30-10:30am. This is a great way to keep in shape, keep active and limber! Leo: Mon & Fri. Rita: Wed.

AERO-FLEX & RHYTHM-FLEX These exciting classes offer a slightly faster pace for those seeking a little more challenge. Aero-Flex with Rita Neal on Tuesdays incorporates stretching, toning and aerobic exercise for a more complete workout. Rhythm-Flex with Pat Dumont on Thursdays does all that while adding rhythmic dance moves! Class runs 8:00-8:45am. Try it!

CHAIR YOGA. A modified form of Yoga geared toward those who may not enjoy floor exercise. Learn relaxation and breathing techniques designed to melt away stress, leaving you calm and renewed! Class is offered here Mondays from 8:00-9:00am led by Pat Dumont. Cost is \$3.00/class.

FITNESS CLASS: In addition to our regular aerobics class, we also offer a fitness class lead by Millie Cartier Thursday mornings from 9:30-10:30am. This class utilizes a variety of equipment from stretch bands to light-weights to hoola hoops and focuses on both cardiovascular and strengthening exercises specially designed for the elder participant. Another great way to stay in shape!

LINE DANCING. Terry LaPlante teaches the latest line dances in this class every Tuesday morning from 9:15-10:45am. This fun class provides a great way to get some extra exercise. Come alone or bring a friend. Dancing... a great escape!

SHUFFLEBOARD. The shuffleboard group meets Monday 12:00-3:30pm and Tuesdays from 8:30-11:30 and/or 12:30-3:30. \$5.00 annual fee covers court and equipment maintenance.

YOGA. Violet Jessel leads this class every Friday from 9:00am-10:30am. Come learn relaxation techniques that will ease away stress and leave you feeling relaxed and ready to face the day!

WEIGHT TRAINING. Weight training is offered Wednesday and Friday mornings from 8-9:00am completes our full line of exercise programs. Lightweights (1-2 lb) are used for muscle toning to keep you strong. Give it a try!

COSTS : Most class registration fees are \$25.00. Please contact the office for specific information. Non-residents are required to pay the regular registration fee plus a \$5.00 surcharge for non-residence status. Exercise classes run continuously throughout the year. Aerobics, Aeroflex, Fitness, Line Dancing, Weight Training and Yoga cost \$2.00 per class. Chair Yoga is \$3.00 per class.

METHUEN SENIOR ACTIVITY CENTER
77 LOWELL STREET
METHUEN, MA 01844

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

IN APPRECIATION!



Special thanks to all who contributed to the Programming and services at the Senior Center in August including Senator Steve Baddour for addressing the Senior Driving issue; Greg Curtis for a wonderful musical performance and the Methuen Arts Lottery for supporting that program; Seth Dudley of Methuen Village for a delicious omelet breakfast; Councilor Jennifer Kannan for a fun ice cream social; Collette Vacations for valuable upcoming trip information; everyone involved with the annual senior picnic including Kentucky Fried Chicken, DJ Dick Arsenault, Grace Morgan House for an extra dessert treat! and our City officials for exciting raffle items; Michelle Ellecks of the RMV for Safe Senior Driving tips; and extra thanks to the volunteers who helped run the special Saturday Thrift/Gift Shop sale!

Welcome back from your summer vacations! Be sure to join us again this month for more events and activities!
Thank You All!



ANNUAL HOLIDAY CRAFT FAIR

At Methuen Senior Activity Center
 77 Lowell Street, Methuen

Saturday, November 7, 2009
9:00am-3:00pm

Free Admission!

Assorted Crafts
 Giant Raffle



The Public Is Welcome!

Hourly Drawings

Pastry Shoppe

Luncheon Snack Bar

Jewelry Table

Gift Shop Table



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

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.
- 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

