



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

SEPTEMBER 2010

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
Jennie Santacroce

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**





**Don't miss this year's
Annual Big Show
Featuring...**


The Sounds of Disney
A Presentation of Disney Favorites



Thursday, Sept. 23 at 1:00pm
and
Sunday, Sept. 26 at 2:00pm

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

Did you know you can access this and past issues of our newsletter on the internet? Just go to www.ci.methuen.ma.us to get the city's home page; on left hand column click on **city departments** then click on **senior center**.



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:



**Marion Bernhardt
Theresa Houle
Maureen Quinney
Donald White
Frank Yelle**

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.

**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.

**50/50 CLUB WINNERS ☺**

Congratulations to the August 2010 winners

**\$** Gloria Nardozza \$ 188.10 **\$**  
Caroline Petrosino \$ 112.86  
Rita Quintal \$ 75.24

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!

**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 Raffle as we depend upon these major fund-raising venues to keep us going! *Thank You!*

***Fourth Tuesdays***

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.



**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

~~~~~

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 2010 Events Calendar

Ice Cream and Coffee ~ \$18.00pp includes gratuity

COMING SOON...

Thur. 2 Coffee Hour 9:30-11:00am. Hosted by John Golnik candidate for US Congress Massachusetts 5th Congressional District. All are invited.

Mon 6 Labor Day. Center Closed.

Tues 7 TRIAD Safety Mtg. 10:00am.

Tues 7 Informational Coffee Hour. Sponsored by Senior Whole Health. 9:30-11:00am. See complete details on page 8!

Wed. 8 Postage Stamps. 10:30-11:30. On sale in lobby.

Thurs 9 Coffee Time with Karen Polito Candidate for Massachusetts State Treasurer. 10-11:30am

Sat 11 ☺ Sat. Night Ballroom Dancing. 7:30pm. The Mel Tones. \$8.00pp.



Mon 13 6 Week Informational Health Series: Chronic Pain Management. 1-3:30pm Details inside.

Tues. 14 Ice Cream Social sponsored by Councilor Jennifer Kannan. 1-3:00pm.

Wed. 15 Methuen Veterans Agent, Tom Harrgreaves available to meet with senior veterans. 10:00am

Wed 15 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum).

Thurs 16 Informational Talk: Collette Vacations. 10:30am.

Thurs 16 Birthday Party. 11:30am

Mon 20. Chronic Pain Management – session 2.

Tues. 21 AARP Meeting. 1:00pm

Tues. 21 Foot Care Clinic. 1:00pm. By appt only. \$25 fee

Wed. 22 Lunch Bunch at Fireside Restaurant. 11:30am.

Thurs 23 Happy Hearts Choral Group – annual Big Show! 1:00pm. Details page 1.

Sun 26 Happy Hearts Choral Group – annual Big Show! 2:00pm. Details page 1.

Mon 27 Chronic Pain Management - Session 3.

Tues 28 Informational Talk: 5 Wishes Program sponsored by Pollard Funeral Home. 10:45am. Speaker Lois Marra . More details inside.

Wed. 29 Ice Cream Social Sponsored by Phil Lahey for State Representative. Music by Chet Harnden. 1:00-3:00pm.

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

Oct 2 ☺ Sat. Night Ballroom Dancing. 7:30pm. Boots & Co. \$8.00pp.

Oct 4 6 Week Informational Health Series: Chronic Pain Management. 1-3:30pm.

Oct 5 TRIAD Safety Event: Yellow Dot Day/File of Life. 9-11am.

Oct 9 Complimentary Senior Breakfast sponsored by Rep. Linda Dean Campbell. 8-10:00am.

Oct 11 Columbus Day. Center Closed.

Oct 12 Ice Cream Social sponsored by Mayor William Manzi. 1:00-3:00pm.

Oct 13 Postage Stamps. 10:30-11:30. On sale in lobby.

Oct 16 ☺ Sat. Night Ballroom Dancing. 7:30pm. The Entertainers. \$8.00pp.

Oct 17 ESMV's Annual Elder Walk. Details inside.

Oct 18 6 Week Informational Health Series: Chronic Pain Management. 1-3:30pm

Oct 19 Coffee Time with Phil Lahey, candidate for State Representative. 9:30-11:00am.

Oct. 19 AARP Meeting. 1:00pm

Oct. 19 Foot Care Clinic. 1:00pm. By appt only. \$25 fee

Oct 20 Methuen Veterans Agent, Tom Harrgreaves available to meet with senior veterans. 10:00am

Oct 20 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum).

Oct 21 Birthday Party! 11:30am.

Oct 21 Mass Relay. 10:45am. Watch for details.

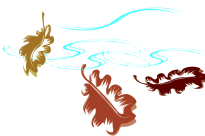
Oct 23 Complimentary Senior Breakfast sponsored by Sheriff Frank Cousins. 8-10:00am.

Oct 25 6 Week Informational Health Series: Chronic Pain Management. 1-3:30pm

Oct 26 Ice Cream Social sponsored by Representative Linda Dean Campbell. 1:00-3:00pm.

Oct 30 ☺ Sat. Night Ballroom Dancing. 7:30pm. Pete Saran – New Life. Halloween Dance. Prizes awarded for best costume. \$8.00pp.

Oct 31 Complimentary Senior Breakfast sponsored by Phil Lahey, candidate for State Representative. 8:00-10:00am.



THE LUNCH BUNCH!

**Wed. Sept. 22, 2010 – 11:30am
The Fireside, Methuen, MA**

Choice of:

Fried Haddock, Eggplant Parmesan or
Country Fried Chicken with Gravy
Soup, Choice of Fries, Rice or Mashed Potatoes



CRAFTERS WANTED!






FOR ANNUAL HOLIDAY CRAFT FAIR
SATURDAY, NOVEMBER 6, 2010 ~ 9:00-3:00PM
AT METHUEN SENIOR CENTER
CALL FOR DETAILS 978-983-8825

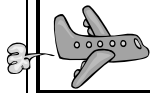




SEPTEMBER 2010



<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>8:00-9:00 WEIGHT TRAINING</p> <p>9:15-10:15 MODIFIED AEROBICS</p> <p>9:00-11:00 11:30-1:30 COMPUTERS</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>RIDES FOR MEDICAL APPOINTMENTS Call Dorothy, 9-12:00n at 978-983-8825. A <i>minimum</i> of 2 days advance notice required.</p>	<p>8:00-9:00 CHAIR YOGA</p> <p>9:00-11:00 11:30-1:30 COMPUTERS</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>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>9:30-11:30 NEEDLEARTS ~~~~~</p> <p>Representative 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 9:30-12:30 THE PUBLIC IS WELCOME!</p> 



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.

- Sept. 12-15. Niagara Falls. Transportation, 3 nights (Canadian side), 3 breakfasts/3 dinners, entertainment, tours, and more! \$675pp/do.
- **Sept. 16. “A Nice Family Gathering” at Newport Playhouse, RI. Buffet Lunch. 9:30am. \$80.**
- Sept. 17-20. Washington DC. Motorcoach, 3 nights, 6 meals, 2 full day guided tours plus 1 evening guided tour. \$375pp/do.
- Sept 20-29. Oberammergau Passion Play 10 day Alpine Europe Tour - Austria, Italy, Switzerland & Germany.
- Sept. 21-23. Pennsylvania Poconos. Foliage Time! 5 meals, entertainment nightly, sights/shopping/browsing \$395pp/do.
- **Oct 1. Covered Bridges of NH. Lunch at Inn at East Hill Farm, Troy, NH. Visit Colls Farm & Market. 9:30am. \$52pp**
- Oct 6-8. The Middlebury Inn, Middlebury, VT. 2 nights, 5 meals, reception, entertainment, sightseeing. \$495pp/do.
- Oct 9-16. Canada & New England Cruise aboard the Norwegian Spirit. 3 meals/day, nightly shows, 4 star accommodations, 6 ports of call sailing from Boston. Inside cabins starting at \$1019pp/do.
- Oct. 10-13. Quebec City. 3 nights, 6 meals, tours. \$770pp/do.
- Oct. 11-15. San Francisco Getaway. 5 days, 5 meals, airfare, transfers, lodging. \$1749pp/do.
- Oct 17-23. Myrtle Beach, SC. R/T motorcoach, 4 nights, 12 meals, shows, shopping, sightseeing. \$1089pp/do
- Oct. 19-28. Discover Tuscany. 10 days/13 meals, airfare, transfers, lodging. \$2949pp/do.
- Oct. 26-Nov.3. Beijing City Stay. 9 days/15 meals. Includes air taxes, fees/surcharges. Beijing Zoom, Peking Opera, The Great Wall, Rickshaw Tour, more. \$2,299pp/do.
- Nov 2-9. Country Roads of Italy. 8 Days. Round trip airfare, 9 meals, professional tour director, motor-coach transportation – Florence, Assisi, Pisa, Lucca, Siena, Tuscany, Rome, more! \$2699 pp/do.
- Nov. 4-14, 2010. San Francisco & Hawaii. 3 day/2 nights pre-cruise in San Fran. 8 day/7 night NCL inter-island cruise. \$2949pp/do
- **Nov. 10. Salute to our Veterans featuring WWII Era Band, lunch at Log Cabin Restaurant, Holyoke, MA. 9:00am. \$79pp.**
- Nov. 15-24. Reflections of Italy. 10 days, 14 meals, airfare, transfers, lodging. \$3,049pp/do.
- Dec.29- Jan 2, 2011. California New Year’s Get-away. View Tournament of Roses Parade, New Year’s Eve dinner/dance, 5 days, 6 meals, airfare, transfers, lodging. and more! \$1,299pp/do.
- May 26-June 3, 2011. Canadian Rockies by Train. \$3,599pp/do.
- Sept. 2 –9, 2011. Northern National Parks featuring Jackson, Wyoming, Yellowstone National Park and the Grand Tetons. \$1,999pp/do.
- Jan. 25-Feb 2, 2012. Discover Panama: The Land Between the Seas. \$2,699pp/do.



INFORMATIONAL TRIP TALK

- Who: Collette Vacations will discuss upcoming tours. Plenty of time for Questions & Answers!
- When: Thursday, September 16, 2010. 10:30am.
- Where: Methuen Senior Activity Center, 77 Lowell St, Methuen



AARP NEWS

The Mass. Dept. of Transportation / Registry of Motor Vehicles Division (RMV) will present ***"Shifting Gears"***, a free hour long program designed to educate and encourage elder drivers to be the best driver possible. The workshop will be held **Tues. Sept. 21, 2010 at 1:00pm** at Methuen Senior Activity Center, 77 Lowell St, Methuen and will highlight issues facing elder drivers and their families. The program includes driving tips, information on how age affects driving, and identifies the most frequent collisions for elder drivers and how to avoid them. A Safe Driver Checklist is provided, as well as information on how to obtain a disability placard. Ways to preserve one's independence without a license will also be discussed.

always gratefully accepted anytime
in the office! THANK YOU!

BLOOD PRESSURE CLINIC

2nd & 4th Tuesdays of the Month ~ 9-11am

This Month: Sept. 14 and Sept. 28, 2010

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



CAMPBELL'S SOUP LABELS



Campbell's 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!



WANTED

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

**HomeCare
Inc.
Presents...**

**Better Days
Ahead**

A free six-week program for managing your ongoing health condition Call Rita Lonardo, RN of HomeHealth VNA at 978-552-4674 or Methuen Senior Activity Center, 978-983-8825 to reserve your space today!

Learn How To:

Control your pain, combat fatigue, frustration & isolation, effectively handle stress, learn relaxation techniques, and feel more in control of your life & your chronic disease

**Mondays Sept. 13, 20, 27, Oct. 4, 18, 25
1:00-3:30pm each day**

SHARE A TIP
by Dora Atkinson



- A brightly colored sticky note attached to the door will remind you not to forget that important item/task as walk out the door!
- A plastic silverware tray also works great in a junk drawer to keep pencils/pens, keys, coins, etc. neat, organized and easy to find at a glance!

HAPPY BIRTHDAY!

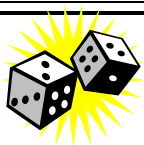
Best wishes to everyone who celebrated a birthday during the month of August...



Jack Winitzer Bob Bistany Margaret Dube
Tom Panzini Laura Watson June Godin
Joanne Cottone Jane Moffatt

Do you have a birthday this month? Sign up for the birthday lunch on Aug. 19, 2010. Reservations must be made no later than 12:00 noon on Aug. 17th. Call 978-983-8825. In the meantime, we wish you...

Happy Birthday!



FOXWOODS CASINO
Thursdays
Sept. 30 Oct. 28

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

☺ **INTRODUCING... 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. For more information, stop by the office..

Big Thanks go everyone who has already joined:

Adam Abruzzi, Maureen Albis, Carol Batty, Pat Beaumont, Gail Berlinghier, Shirley Bevin, Al Blazavitch, Bernie Brown, Anne Calderone, Richard Ca;leritoris, Rose Campiola, Betty Cavanaugh, Claire Cavanaugh, Edwin Cunha, Agnes Desmet., Kay Espinola, Jeanette Donnelly, Don Gagnon, Josephine Gagnon, Elena Ganem, Gail Ganem, Fran Gradzewicz
Tom Gradzewicz, Arthur & Ellie Howland, Angela Lebel, Gerard LeBlanc, Fred Leocata, Ida Leone, Connie Kennedy, June MacDonald, Lucille McKerman, Bob & Bea Morel, Theresa Nardone, Rae Pappalardo, Carolyn Pelletier, Carol Pickles, John & Monica Pitman, Aline & Roland Poirier., Manny Quintal, Theresa Robinson, Marie Sapienza., Ned Sapienza, Barbara Skinner, Ann Spaziante, Marcel St. Hilaire, George & Janet Tashjian, Elaine Theberge, Helen Tiberio. Lilian Zakia, Joan Zonfa

**2010 SATURDAY NIGHT
BALLROOM DANCING**



Sept. 11: The Mel-Tones
Oct 2: Boots & Co. Oct 15: The Entertainers
Oct 30: Pete Saran (New Life) Halloween Dance

Dances are from 7:30-11:00pm. Tickets are \$8.00pp available in the office and at the door. Come in costume

for specially marked dances! Prizes for best costume! (A complete list of dance dates is available in the office).

INFORMATIONAL TALK

The **Five Wishes** program will be presented by Lois Marra of Merrimack Valley Hospice **Tuesday, September 28, 2010 at 10:45.**

Five Wishes, introduced in 1997, has become America's most popular living will because it is written in everyday language and helps start and structure important conversations about care in times of serious illness.

Five Wishes let your family and doctors know:

- Who you want to make health care decisions for you when you can't make them.
- The kind of medical treatment you want or don't want.
- How comfortable you want to be.
- How you want people to treat you.
- What you want your loved ones to know.



WANTED !

The Giant Raffle featured at our Annual Holiday Craft Fair on Saturday, November 6, 2010 will be here before you know it!

We are currently (and gratefully) accepting donations of gift certificates to be raffled.

Prizes should have a minimum value of \$20 or will be combined with another item. Thank You!



Methuen Senior Fitness Challenge!



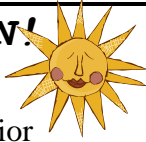
**At Latitude Sports Club
Sponsored by Senior Whole Health**

This community based **FREE** program will run for 5 weeks and is hosted by Latitude Sports Clubs, 116 Pleasant Valley St, Methuen. The Program is **open to all seniors** 62 years of age and over. Each week will highlight a different form of exercise so it will be fun for all fitness levels. Program begins Sept 7, 2010 at 1:00pm. Registration is recommended – please call Sue at Latitude Sports Club 978-738-4653. Register early! Refreshments and give-aways will also be included!

Senior Whole Health is a simple to join plan for seniors that provides the security of an around-the-clock health care team, and helps members live independently. SWH members are at least 65 years old and enrolled in Medicare and MassHealth (Medicaid). Every member has a personal care team made of their primary doctor, a SWH nurse, a SWH community resource coordinate and a Services coordinator from ESMV. SWH's mission is to maximize members' quality of life, health, security and independence by offering a voluntary health care plan that's simple to join, provides security and peace of mind through support and advocacy, and helps members live as independently as possible through comprehensive, community-based support and services. As soon as you join SWH, you'll notice that we definitely are not your typical health care plan.

If you have questions about the Fitness Challenge or Senior Whole Health, stop by the senior center Sept. 7th between 9:30-11:00am for an informational coffee hour !

IN APPRECIATION!



Special thanks to all who contributed to the programming and services at the Senior Center in August including John Reardon for his presentation on Sacred Heart Apts.; Rep. Linda Dean Campbell for a delicious Ice Cream Social; Jason McCollin for a fun day of country line dancing; Rep. Barbara L'Italien for her coffee hour visit; everyone who helped out with the annual Senior Picnic (we couldn't do it without all the volunteers!); everyone who has joined the "Friends" group so far (see more on this inside); 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 6, 2010
9:00am-3:00pm

Assorted Crafts
Giant Raffle



*The Public
is Welcome!*

Hourly Drawings

Pastry Shoppe

Lunchon Snack Bar

Jewelry Table

Gift Shop Table

*Free
Admission!*



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