

METHUEN SENIOR ACTIVITY CENTER AND COUNCIL ON AGING SERVICES

The Methuen Council on Aging provides the following services and programs. For more information, call the Center Monday through Thursday, 8:00am-4:00pm and Friday 8:00am-12:30pm at 1-978-983-8825. Services are provided according to availability of service staff and volunteers.

The Methuen Senior Center does not require a "membership". All seniors are invited to attend at any time. Come see what we have to offer.

- S.H.I.N.E. Counseling (Health Insurance) 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.
- Thrift Shop.
- Educational & Life Enrichment Programs
- Choral Group
- Advocacy Workshops & Information
- 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 types of exercise programs.
- File of Life Emergency Medical Information, Refrigerator Magnets. Yellow Dot Automobile Emergency Info packets. U.V. Protection Glasses. Dyno-bands.
- Outreach Services.
- Volunteer Matching Services
- Seasonal Income Tax Assistance (February through April)
- Intergenerational Programs with Methuen Schools.
- Health Clinics. 2nd and 4th Tuesday of the month, 9-11:30am. Various Screenings.
- Health Care Proxy Forms, Homestead Act Applications, EZ Trans Applications.
- Telephone Outreach, Reassurance Calls, Sunshine & Sympathy Cards.
- Recreational Activities & Events such as Saturday Night Dancing, Ice Cream Socials, Birthday Lunch and more.