



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

NOVEMBER 2006

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)
Rita Lonardo, RN

MEALS ON WHEELS/NUTRITION PROGRAM
Maureen Donovan

MEDICAL TRANSPORTATION
Dorothy Zazopoulos

OUTREACH / SUPPORT SERVICES
Louise Edelblute, RN

SENIOR READERS IN SCHOOLS
Susan Foster

TELEPHONE REASSURANCE

THRIFT SHOP
Christine Laratonda, Manager

TRIPS
Susan Foster
Elena Ganem

VOLUNTEER SERVICES/FRIENDLY VISITOR
Linda Sheehan
Dorothy Zazopoulos

SOCIAL GROUPS

AARP
Celeste McDonald DiFruscia

BEANO
Phyllis Hutton

BRIDGE GROUP
Mary Letizio

CABARET!
Domenic Stella

SHUFFLEBOARD GROUP
Vinny Breglia

COUNCIL ON AGING

Monica Pitman, Chairman
Louise Flynn, Vice Chairman
Elena Ganem, Secretary
Leo Kirane, Treasurer

Domenic Stella
Charlotte Blood
Elaine Morissette

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.

Happy Thanksgiving!



SPECIAL APPRECIATION

October was another month chock-full of activities here at our center and we'd like to thank everyone who contributed to the programming offered including... Mayor Manzi for sponsoring an Ice Cream Social; Dick Arsenault for providing fabulous music at both the Ice Cream Social and the Halloween "Spooktacular"; Collette Vacations for sharing information on an upcoming Canadian Rockies tour; State Representative Candidates Bob Andrew for hosting a free senior spaghetti supper, Linda Dean Campbell for hosting a free senior breakfast and Rep. Barbara L'Italien and Ken Henrick each for sponsoring senior coffee hours; Accordionist Sebastian Faro and the Italian Serenaders for entertaining us at the Italian Festival; Al Letizio for supplying the food for the Italian Festival and Paul Waites for preparing it all!; Methuen Fire Department Local 1691 for a free senior Ham, Bean & Hot Dog dinner; Karen Sawyer Faust, the Community Development Dept and Methuen residents for conducting a "visioning session" as part of the Master Plan program for the city; Wal-Mart for inviting us to participate in their Safety Program and Connie Kennedy, Mary Jane Beaulieu, Manny Quintal and Al Blazavitch for manning the information table there; Dayna Brown of ESMV and Bill Cutter, Manager of the Merrimack Valley Nutrition Project for their talk about the Meals on Wheels and Nutrition programs; Doris Williams and Gaye Bergeron for repairing the ripped seam in the auditorium drapery!

Thank You All!

MEMORIALS



Memorials have been received in memory of:

- Doris Beland**
- William E. Milligan**
- Charlotte Shisko**
- Helen M. Waites**

Monies received in memorial to the Methuen Senior Activity Center will be used only for special memorial items.

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Memorial cards are available at the Center Office and from your funeral director.

## WEIGHT WATCHERS IS HERE!



Trying to shed a few extra pounds? Let Weight Watchers help you!



**Meetings Will Be Held At The Methuen Senior Activity Center Friday Mornings At 9:30am. (Weigh-in begins at 9:00am)**

One Time Registration Fee - \$33 / Weekly Dues - \$13  
 \$5.00 charge for missed meetings.  
*Special Limited Time Offer: Purchase 10 Weeks for \$119.00 and Registration Fee is Waived!*  
 Attn: BC/BS and Tufts Insurance Members:  
 Show your card at sign up and registration fee is waived.

## N.E.E.T. DRIVERS NEEDED!



Volunteer drivers are needed to take seniors with no means of transportation to and from their medical appointments. If you have some time and would like to help out, please call 978-983-8825! Days and hours are flexible to fit your schedule and let us know if you're available for local or long distance appointments (i.e. Burlington or Boston). Valid drivers license required.

## BRIDGE CLUB

The Bridge Club meets every Thursday from 1:00-3:00pm. All bridge players are welcome! Join us!



## JEWELRY SALE

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



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                   |
| 400          | 800        | 400                                | 240                   | 160                   |
| 500          | 1000       | 500                                | 300                   | 200                   |

**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!)

Happy Birthday

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



Diana Rotondo	John Radulski	Ida Leone
Eileen Monahan	Marion McQuade	Gloria Kirane
Al Ganem	Jerry Donovan	Roland Glaude
Ida Bardwell	Jim Champy	Leo Kirane
Claire Michaud	Frank Yelle	

Do you have a birthday coming up this month? If so, be sure to sign up for the birthday party scheduled for November 16th. Reservations must be made no later than 12:00noon on Nov. 15th by calling 978-983-8825. In the meantime... **Happy Birthday!!!**

45's



Are You Interested In Playing Cards?

The Methuen Senior Activity Center
Proudly Presents 45 games on a weekly basis!

Sign up in the office

Start Date: Thursday, November 13
12:30-3:30pm in the lower lounge

TRIAD NEWS

TRIAD is a community policing initiative between seniors, law enforcement and service providers designed to increase safety through education and crime prevention. Meetings are held the first Tuesday of the month and everyone is welcome to attend.

On-going programs sponsored by TRIAD include:

- **Is Your Number Up?** This program promotes the benefits of having your house numbers clearly visible from the street in case of emergency.
- **The Yellow Dot Program.** A medical emergency information kit for your automobile, includes a yellow dot window cling for your rear windshield.
- **File of Life.** This handy medical reference kit comes in two sizes, one for your wallet and one magnetized to be placed on your home refrigerator. Vital information should be kept up to date for easy access to emergency personnel.
- **Paper Shredder.** In an effort to thwart ID Theft, the TRIAD group has a paper shredder available to seniors to shred documents containing personal information.

For more information on any of these programs, or if you'd like to become involved, call 978-983-8825.

FOXWOODS CASINO 2006

November 30

The bus leaves promptly at 6:30am from the Park & Ride parking lot on Pelham St.
Tickets are \$21.00pp – non-refundable.



CABARET SCHEDULE 2006



Nov. 11 The Entertainers
Nov. 25 Variations

Dec. 2 The Fred Manzi Trio
Dec 16 Variations

Dec 31 New Year's Eve
Dinner/Dance
Fred Manzi Trio



Cabarets are from 7:30-11:00pm. Tickets are \$7.00pp available in the office and at the door.



November 2006



MONDAY

8:00-9:00
CHAIR YOGA

9:30-12:00
JAPANESE BUNKA

9:30-10:30
MODIFIED
AEROBICS

9:30-11:30
NEEDLEARTS

12:30-3:30
SHUFFLEBOARD
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### **EZ Trans**

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

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

TUESDAY

8:00-9:00
AEROFLEX

9:15-10:45
DANCE

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

9:00-11:00
CLINIC

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

12:30-3:00
KNIT & CROCHET

1:00-2:00
FITNESS
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**AARP** meets the  
third Tuesday of each  
month. 1:00pm.



## WEDNESDAY

8:00-9:00  
WEIGHT TRAINING

9:00-11:00  
11:30-1:30  
COMPUTERS

9:30-10:30  
MODIFIED  
AEROBICS

10:00-12:00  
OIL PAINTING

9:00-11:30  
QUILTING  
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N.A.R.F.E.

Meets the last
Wednesday of the
month at 2:00pm.
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### **VETERANS**

Department Director  
Ed Curran will be at  
the center the second  
Wednesday of the  
month at 10:30am.

## THURSDAY

8:00-9:00  
AEROFLEX

9:00-11:30  
QUILTING

9:30-10:30  
FITNESS CLASS

9:00-11:00  
11:30-1:30  
COMPUTERS

9:30-12:00  
JAPANESE BUNKA

1:00-3:30  
BRIDGE

12:30-2:00  
CHORAL GROUP  
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RIDES AVAILABLE 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)

1:00-3:00 BINGO

1:00-3:00
KNITTING
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### **FOOT CARE CLINIC**

Every fourth Friday of  
the Month 1:00pm by  
appointment only.  
\$25.00 charge.  
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WEIGHT WATCHERS! Fridays 9:00am



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

Monday – Friday

9:30am – 3:30pm

THE PUBLIC IS WELCOME!

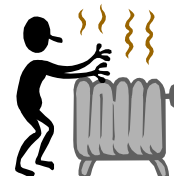


FUEL ASSISTANCE

Fuel assistance is available for low income households both renters and owners alike. Eligibility and benefits are determined by household income, number of household members and vulnerability to heating costs. Your first call to apply for fuel assistance is to the Greater Lawrence Community Action Council at 978-681-4950/51/52. The 2005 Income Eligibility Guidelines Chart are listed below. If you are not qualified for that program, there are several other agencies you can call for help.



1. Citizen Energy at 978-681-4950/51/52 or 1-877-JOE-4-OIL
2. Your local Salvation Army at 1-800-334-3047
3. HEATLINE at 1-800-632-8175.
4. For utility company problems call 1-800-392-6066.



LIHEAP FY 2007 (Based on Gross Annual Income)

# of Household Members	100% of Poverty	125% of Poverty	150% of Poverty	175% of Poverty	200% of Poverty
1	\$9,800	\$12,250	\$14,700	\$17,150	\$19,600
2	\$13,200	\$16,500	\$19,800	\$23,100	\$26,400
3	\$16,600	\$20,750	\$24,900	\$29,050	\$33,200
4	\$20,000	\$25,000	\$30,000	\$35,000	\$40,000
5	\$23,400	\$29,250	\$35,100	\$40,950	\$46,800
6	\$26,800	\$33,500	\$40,200	\$46,900	\$53,600
7	\$30,200	\$37,750	\$45,300	\$52,850	\$60,400
8	\$33,600	\$42,000	\$50,400	\$58,800	\$67,200

*200% Poverty Level Not To Exceed 60% of State Median Income or Less Than 150% Of Poverty Level.

HomeCare Inc. Presents... Better Days Ahead

A free six week program for managing your ongoing health condition
Call 978-552-4674 to reserve your space today!

Learn How To:

- *Control Your Pain*
- *Combat fatigue, frustration & isolation*
- *Effectively handle stress*
- *Learn relaxation techniques*
- *Feel more in control of your life and your chronic disease*

All participants will receive a copy of the book and CD "Living a Healthy Life with Chronic Conditions". This material was specially designed by the Stanford University Patient Education Research Center.

Thursdays Starting January 11, 2007, 9-11:30am

Methuen Senior Center, 77 Lowell St, Methuen

Funded in part by the George C. Wadleigh Foundation & The Older American's Act as granted by ESMV

FOOT CARE CLINIC



Beginning in 2007, Foot Care Clinics will be held on the following Tuesdays from 1:00-3:00pm. Appointments are necessary and there is a \$25.00 charge at time of service.

January 16	February 20	March 20
April 17	May 15	June 19
July 17	August 21	Sept. 18
Oct. 16	Nov. 20	Dec. 18

Remember, appointments are required and a \$25.00 charge is due at time of service.



INFORMATIONAL TALK

Topic: Pre-planning Arrangements
Hosted by: Pollard Funeral Home
When: Mon. November 13, 2006 ~ 12:30pm

Where: Methuen Senior Center

Come learn valuable information and
get answers to your questions!

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254 Merrimack St, Methuen



We Salute Our Veterans
Veteran's Day - Nov. 10, 2006



FLU SHOT CLINICS

TUESDAY, NOVEMBER 14, 2006

9:00-11:30AM

At Methuen Senior Activity Center
77 Lowell Street, Methuen



Thursday, November 16, 2006

9:00-11:30am

At St. Lucy's Parish Hall

INFORMATIONAL TALK

WHEN: Tuesday, November 28, 2006
10:00am

WHERE: Methuen Senior Center
77 Lowell St, Methuen

TOPIC: Dementia / Alzheimer's

SPEAKER: Carol Felides, Rehab. Mgr. At
Sunbridge of Woodmill

Free. Everyone Is Welcome!



DIABETES EXPO!

WEDNESDAY, NOVEMBER 15, 2006

9:30am - 11:30am



Join us for an informative morning featuring dozens of health organizations
and groups offering the latest in Diabetes related information!

- Angel Home Care, Inc.
- Canney Medical
- Caritas Holy Family Hospital Breast Care
- Caritas Holy Family Hospital Diabetes Care Program
- Conlin's Pharmacy
- CVS Pharmacy
- Dr. Marc Klein, DMP, FAC, FAS
- Elder Services of the Merrimack Valley, Inc.
- Family Services, Inc.
- Hallmark Health Care



- Home Instead, Inc.
- HomeHealth V.N.A.
- Karen DiPietro ~ Nutritionist
- Merrimack Valley Hospice
- Methuen Senior Activity Center Aerobics Class
- Neighborhood Diabetes
- North East Rehab
- S.H.I.N.E. Counselor
- Seacoast Coca-Cola Bottlers
- Shaheen Brothers, Inc.
- Tallman Eye Associates



- Valley Medical Response



FREE HOLIDAY CONCERT



Methuen Senior Activity Center



Sunday, December 10, 2006 ~ 2:00pm
~ featuring a performance by ~

Timberlane Community Band

*A 60 piece concert band serving the
Merrimack Valley in
Massachusetts and New Hampshire.*



ANNUAL HOLIDAY OPENHOUSE

Thursday, December 14, 2006

Methuen Senior Activity Center, 77 Lowell St, Methuen

Jewelry Sale 9:00am-3:00pm

Happy Hearts Choral Group
performance at 1:00pm

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

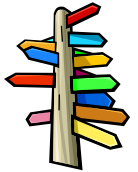


Come enjoy a wonderful selection of
holiday music and refreshments to
celebrate the season!



TRAVEL WITH US!

- Nov. 11-19, 2006. Overnight Trip: Mississippi Queen, Branson & Memphis. Includes transportation, lodging, shows, meals, touring & more! \$1995 pp/do.
- Nov. 27, 2006. Day Trip: Beacon Resort, Lincoln, NH. Lunch, show, gift. 9:15am. \$64pp.
- Dec. 13, 2006. Day Trip: Hu Ke Lau "Christmas in Hawaii" luncheon & show, visit Bright Nights at Forest Park! 9:15am-8:00pm. \$55.00pp
- March 26, 2007. New Orleans Getaway. 5 days, 7 meals. \$1,199pp/do.
- April 24, 2007. Overnight Trip: Swiss Highlights featuring Zermatt, Bern & Montreux. 9 days. \$2,599pp/do.
- July 20, 2007. Overnight Trip: Rockies Rail Highlights by train. 8 days, 12 meals. \$2,999pp/do
- September 21, 2007. Chicago Windy City Wonders. 5 days, 6 meals. \$1,649pp/do.



45's TOURNAMENT ~ MONDAY, NOVEMBER 20, 2006 ~ 1:00-3:45PM
Methuen Seniors vs. Methuen Police Department. Everyone's Invited! Come have some fun!

CABARET NEWS! Congratulations to the costume contest winners at the Halloween Cabaret held October 21st...

1st Prize: Mr. & Mrs. Donald Clough – Red Riding Hood & Wolf - \$25 Cash Prize.

2nd Prize: Mr. & Mrs. Emil Ameen – Red Riding Hood & Wolf - \$15 Cash Prize.

3rd Prize: Claire May – Angel - \$10 Cash Prize.

4th Prize: Josephine Piazza - Forest Lady in Green – 2 Cabaret Tickets

SHARE A TIP – By Dora Atkinson



- When Thanksgiving is over, place polished silver in a self-sealing plastic freezer bag, press out the air, and close. This will keep the pieces tarnish free.
- Line crisper drawers with paper towels to catch drips and avoid scrubbing dried-on food later. Toss the towels when they're dirty and replace with new ones.
- Make your microwave self clean. Bring a cup of water to boil in the oven; the steam will loosen dried-on particles. Then just wipe away.

Good Housekeeping, Nov.2006

50/50 CLUB WINNERS

Congratulations to the **October 2006** winners of the
 50/50 Club Raffle

\$	Charlotte Blood	\$193.80	\$
	Dorothy Dumont	\$116.28	
	Dorothy Leonhardt	\$ 77.52	

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!



RECYCLING/FUNDRAISING EFFORT

Please join us for a new fundraising project here at our center. It's easy for everyone who purchases Mass. lottery tickets! Didn't have a winner? Don't toss those tickets! Bring them to the Methuen Senior Activity Center so we can participate in the *Massachusetts Lottery's Instant Replay Recycling Program*. Hopefully, if we have enough of them to turn in, we just MAY win some money for our center! Thanks, we appreciate your time and effort!

**The Methuen Police Department
 Will Host A Free**

**Ham and Beans Supper
 Coffee, Tea & Dessert Too!**

At Methuen Senior Center, 77 Lowell St, Methuen



Mon. NOV 27, 2006

3:30-5:30pm



All Methuen Seniors Are Invited!



NOVEMBER EVENTS CALENDAR

- Sat. 4 Annual Holiday Craft Fair! 9:00am-3:00pm.
Open to the Public. Details inside.
- Sun 5 Free Senior Breakfast. 8:30am-11:30am.
Sponsored by Bob Andrews, Republican
candidate for Representative. 
- Tues 7 TRIAD. Meeting. 11:00am. All are welcome.
- Wed 8 Stamps for You! 10:30am.
- Thrs 9 Veteran's Day Coffee Hour. Sponsored by the
Methuen Senior Activity Center and Methuen
Veteran Services with partial funding from the
Lawrence Vietnam Memorial. 9:30-11:00am.
- Fri 10 Veteran's Day. Center Closed.
- Sat 11 Cabaret! The Entertainers. 7:30pm. \$7.00pp.
- Mon 13 Informational Talk: Pre-Planning. Sponsored by
Pollard Funeral Home. 12:30pm.
- Tues 14 Flu Shot Clinic. 9:00-11:30am. 
- Wed 15 Diabetes Expo. Details inside.
- Thurs 16 Birthday Party. 11:30am.
- Thurs 16 Flu Shot Clinic at St. Lucy's Hall. 9-11:30am.
- Thurs 16 Lions Club Speech Contest. 6:00pm. All are
welcome to attend.
- Fri.17 Foot Care Clinic. \$25 . 1:00pm. By Appt. Only
- Sun 19 Call To Serve. Watch for Details.
- Mon 20 45's Tournament with Methuen P.D. 1:00pm.
- Thurs 23 Thanksgiving Holiday. Center Closed.
- Fri 24 Thanksgiving Holiday. Center Closed.
- Sat 25 Cabaret! Variations. 7:30pm. \$7.00pp. 

- Mon.27 Ham & Bean Supper for Methuen Seniors.
Sponsored by Methuen Police Dept. 3:30-
5:30pm
- Tues 28 Informational Health Talk. Topic: Dementia/
Alzheimers. Speaker Carol Felides, Rehab. Mgr
at Sunbridge of Woodmill 10:00am.
- Wed. 29 N.A.R.F.E. Meeting. 2:00pm.
- Thurs 30 Day Trip: Foxwoods Casino. 6:30am. \$21.00pp

COMING SOON...

- Dec 2 Cabaret! The Fred Manzi Trio. 7:30pm. \$7.00.
- Dec 5 TRIAD Meeting. 11:00am. All are welcome.
- Dec 6 Annual Day of Remembrance. 1:00pm. All are
invited.
- Dec 10 Free Holiday Concert featuring the Timberlane
Band. 2:00pm. All are invited!
- Dec 12 Ice Cream Social. 1:00pm. \$3.00pp.
- Dec 13 Stamps for You. 10:30am.
- Dec 14 Annual Holiday Open House. 9-3:00pm.
Jewelry Sale Table. Performance by Happy
Hearts at 1:00pm. Admission cost: donation of
non-perishables or monetary donations for
Lazarus House. All are invited!
- Dec 15 Foot Care Clinic. \$25 . 1:00pm. By Appt. Only.
- Dec 16 Cabaret! Variations. 7:30pm. \$7.00.
- Dec 19 AARP Meeting. 1:00pm. 
- Dec. 21 Birthday Party. 11:30am.
- Dec 25 Christmas Day! Center closed.
- Dec 31 New Year's Eve Dinner/Dance. Fred Manzi
Trio. Watch for details.



Methuen Senior Activity Center 77 Lowell Street, Methuen **ANNUAL HOLIDAY CRAFT FAIR**

Saturday, November 4, 2006

9:00am – 3:00pm

~ featuring ~



Assorted Crafts
Hourly Drawings
Jewelry Table

Giant Raffle
Pastry Shoppe
Gift Shop Table

All Day Snack Bar



The Public is Welcome!



All crafters are invited to participate. Space is still
available! For more info, call 978-983-8825!

Annual Day of Remembrance

Remembering all those
who have passed before us.



"Trust In Him During Life's Storms"

At Methuen Senior Activity Center
77 Lowell St, Methuen

Wednesday, December 5, 2006 ~ 1:00pm

All are invited to attend!

