



METHUEN SENIOR ACTIVITY CENTER
77 Lowell St, Methuen, MA 01844
978-983-8825
Hours: Monday-Thursday 8:00am-4:00pm
Friday 8:00am -12:30pm

MAY 2024

Welcome to the Methuen Senior Activity Center, where diversity is celebrated, inclusion is the heartbeat, and every person finds a place to shine. Membership is not required, so individuals can drop in and participate at their own pace. Activities vary from month to month. Stop by for a newsletter to see the latest schedule or visit our website at www.cityofmethuen.net.

MAY EVENTS CALENDAR

May 2 Genealogy 101 with Historical Society, 10am. More details inside.
 May 3 Photography 6 week class starts, 10am. More details inside
 May 6 Gardening Tips with Veronica Campo, 10:30am. More details inside.
 May 6 Bingo, 1pm. \$.50a card. Sponsored by Cedarview.
 May 7 Memory Café hosted by AgeSpan, 10 am. More details inside.
 May 8 Attorney Peter McQuillan, 9-11am. By Appointment Only. More details inside.
 May 9 ARTS, CRAFTS, & MUSIC festival. More details inside.
 May 10 Finders Keepers, 10:30am. More details inside.
 May 13 45's, 1pm. \$3 per person.
 May 14 Sewing Guild, 1-4pm

May 13 KevTech iPhone Basics, 10am. Class #1. More details inside.
 May 15 Mayor Perry hosts an Ice Cream Social, 2pm. More details Inside
 May 20 Bingo, 1pm. \$.50a card. Sponsored by Cedarview.
 May 21 Karaoke with Don Riccio, 1:30pm.
 May 22 Cognitive Crafts with Brightview, 10:30am More details Inside
 May 23 The Gemstones, 1p. Sponsored by the Methuen Cultural Council
 May 23 Coffee with a Cop & Safety Talks, 10am.
 May 27 Closed in Observance of Memorial Day
 May 28 Manja & Meatballs, 1:30pm. More details inside
 May 28 Puzzle Challenge, 9am. More Details Inside.
 May 29 Normandy Memoir Presentation presented by Francis Ford, 10:30am. More details inside.
 May 30 Traveling Chef

Monthly Groups: The following groups meet at the same days and times each month

- **Adopt A GrandParent** meets every Wednesday at 230pm (No Meeting 5/8 and 5/15)
- **Beginners 45s** meets every Tuesday at 1pm
- **Coffee Coloring & Conversation** meets the 1st & 3rd Tuesday of the month at 10am. *May 6 & 20*
- **Dialogue with the Director** meets the 3rd Friday of the month. *May 17*
- **Happy Hearts** meets every Thursday at 1pm
- **Kindness Rocks** meets the 1st and 5th Friday of the Month at 10:00am. *May 3rd and 24th*
- **Scrapbooking & Card Making** meets the 2nd Monday of the month at 10am. *May 13th*
- **The Talk.** Current Events Discussion *generally* meets the 3rd Thursday of the month at 10:30am. *May 16*

Space is limited for some of our activities. To help us prepare the best experience for you, please call ahead to register for informational programs and special events at 978-983-8825 or stop by the office. Thank

SOCIAL EVENT
Ice Cream Social
 Hosted by Mayor Perry

Wednesday May 15, 2024 @ 2pm

Join Mayor Perry at the Senior Center for a Fun Free Ice Cream Social to Celebrate Older Americans Month. Register Today -Space is Limited!

SOCIAL EVENT
Coffee with a Cop and Scam Talks

Thursday May 23, 2024 @ 2pm

The Methuen PD will be at the center to have coffee and give tips & tricks for staying safe this summ

LETTER FROM THE DIRECTOR

Greetings Seniors!

May 2024

As we step into the month of May, we're excited to share with you our latest newsletter, bursting with fantastic opportunities to engage and celebrate at the Senior Center.

May holds special significance as it marks National Older Americans Month, a time when we honor the invaluable contributions and experiences of our senior community. This year's theme, "Powered by Connection," underscores the profound impact that meaningful relationships have on our health and overall well-being.

To kick-off our month-long celebration, we invite you to join us for our annual Arts and Crafts Festival on Thursday, May 9. The festivities begin with a jewelry sale in the lobby at 8:30 a.m., followed by the grand opening celebration at 10:00 a.m. Indulge in a delicious lunch (pay at the time of purchase) and be sure not to miss the Happy Hearts Performance at 1:00 p.m. It's a wonderful opportunity to witness the creativity and talent of our older adults showcased through art displays – an embodiment of the vibrant community spirit that powers our Senior Center.

In addition to our festivities, we're thrilled to introduce our newest initiative, the COA Ambassador Program. Designed for newcomers to the Senior Center, this program pairs you with a dedicated Ambassador who will guide you through our available programs, accompany you to events, and provide invaluable knowledge of the COA! Step into the Senior Center and experience firsthand the magic of community – we can't wait to welcome you! (For more information on the Ambassador Program, please see the June Newsletter)k.

This year marks the 40th anniversary of our Senior Center. From its inception, our center has stood as a beacon of excellence, thanks to the dedication and vision of our empowered seniors who spearheaded its creation through forming a non-profit organization to build a state-of-the-art Senior Center. Join us in commemorating this milestone on June 14th at our Anniversary Celebration – details within this newsletter on page 2.

As we celebrate Older Americans Month and our 40th anniversary, let us reaffirm our commitment to fostering connections, nurturing creativity, and empowering one another within our vibrant community.

We look forward to seeing you at the Senior Center, where every visit is an opportunity to connect, engage and learn!

Ashley Shaheen
Council on Aging Director
Methuen Senior Activity Center

SOCIAL EVENT

ARTS, CRAFTS, & MUSIC FESTIVAL

Thursday May 9, 2024 from 8:30-3pm

Featuring:

Jewelry Sale starts at 8:30am – 3pm
Student art Displays 8:30am – 3pm
Coffee Hour 9am – 10am
Line Dance Demo 11:30 am
Lunch \$\$\$ 11am – 12pm
Happy Hearts Show 1pm



SOCIAL EVENT

The GEMSTONES Band

Thursday May 23, 2024 @ 1pm



METHUEN ELDER AFFAIRS

Council on Aging Staff

Ashley Shaheen, Executive Director
 Susan Riccio, Assistant Director
 Maribet Torres, Confidential Secretary
 Jennifer Loiselle, Activity Coordinator
 Cheryl McQuillan, Outreach
 Liz Otto, Office Support
 Raymond Despres, Custodian

Council on Aging Board

Maureen Sharrock, Chair
 Katy Abraham, Vice Chair
 Cynthia Ciofalo, Secretary
 Dr. Donald Marcus, DVM, Treasurer
 Alfred D'Agata
 Christine Metzemaekers

Thank you Linda Soucy for your contribution to the COA

METHUEN SENIOR ACTIVITY CENTER, INC BOARD OF TRUSTEES

EXECUTIVE COMMITTEE

Genevieve Marks, President
 Pauline Hoh, Vice President
 Ken Ackroyd, Treasurer
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 Ashley Shaheen, Executive Director
 Donald Marcus, COA Representative
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 Gradzewicz, Regina McCarthy, Josephine
 McDougall, Yvonne Paplaskas, Don Riccio,
 Cheryl Sirois, Peggy Trudel
 Ex Officio Members: Jennifer Loiselle, Sue Riccio

NEW MEMBERS WELCOME! If you are interested in joining our Fundraising Group, the Methuen Activity Center Trustees, please call for more information, 978-983-8825.

50/50 CLUB WINNERS

Congratulations to the March 2024 winners:

 **\$ Josephine Letourneau \$180.50**
\$ Annie Danahy \$108.30
\$ Joseph Buck \$ 72.20 

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 6 months/\$24.00 or
12 months/\$48.00

For more information, or to join the club,
 visit the office at 77 Lowell Street, Methuen
 (Your Donation is Tax Deductible)

Prize Fund 50% of Total Monthly Income				
# of Members	Prize Fund	1 st Prize	2 nd Prize	3 rd 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

Membership (only \$4.00/month)
 Must be paid 6 months or 12 months

Donation: \$ _____
 6 months = \$24.00 12 months = \$48.00
 (Make checks payable to: **MSC 50/50 Club**)

Name _____ Date _____

Address _____
 (Cut out and mail in your membership today!)

Coffee, Coloring & Conversation

Join other like-minded, artists offering each other encouragement and support as you color & create over a cup of coffee!

Materials & Supplies Included.

The 1st & 3rd Tuesdays of the month at 10am.



Visiting Office Hours with your Public Officials

Rep. Estella Reyes – May 10, 10-12pm
Rep. Ryan Hamilton May 3 & 17, 10am – 12pm
Senator Pavel Payano – May 1, 10am-12pm
Methuen City Councilor At Large, DJ Beaugard – May 1, 11am-12pm
1st Wednesday of the month from 11-12pm

Methuen Veterans Director, Paul Jensen
3rd Thursday of the month from 10am-12pm.

All are welcome to stop in to discuss issues, concerns or just to say hello

INFORMATIONAL SESSION

Memory Cafe

Hosted by AgeSpan

Tuesday May 7, 2024 @ 10am



Featuring DJ Dave Goulet

This program is designed to get seniors and their caregivers out for a fun time together. Learn tips, tricks and strategies to help in your daily routines. Enjoy a light breakfast and some entertainment.

NEW ACTIVITY

6 Week Photography Course

With Nancy Reardon

Starting Friday May 3, 2024 @ 10am



Join Nancy Reardon of Methuen Life for this 6 week Instructional Photography Course.

\$20 for Entire Course

Point & Shoot Camera Needed

Register Today 978-983-8825

THRIFT SHOP

Monday -Thursday 9am -3pm
Friday 9am – 12noon



Have you visited our Amazing Thrift Shop?
Clothes, Shoes, Household Goods, etc
Just Another Reason to stop by the Center Today!

GOT QUESTIONS?

Do you need information or direction applying for assistance? Help is available by appointment for: Senior Housing applications, SNAP Food Assistance applications, Food Pantry Information, Health Insurance information, Fuel assistance applications.
Call 978-983-8825.



INFORMATIONAL SESSION

KeyTech Services

Returns for a 6 Session Information Technologies Workshop Starting on Monday May 13, 2024 @ 10am

Back to Basics with iPhone and iPad

This introductory class introduces new users to the basics of using the iPhone and iPad. We cover the hardware of the iPhone and iPad, important areas of the devices, and applications for calling and messaging.

Space Is Limited! Reserve your Spot Today! 978-983-8825



INSPIRATIONAL WORDS



You are never too old,
To set another goal,
Or to dream a new dream

C.S.Lewis

FINDERS KEEPERS – BIT SUPPORT GROUP

Support Group for Buried In Treasure members
Second Friday of the Month @ 1030am

SPIRIT WEEK 2024

Monday is Hippie Wear, Tuesday is Crazy Hat Day, Wednesday is wear your Patriotic Gear, Thursday is Tropical Wear, Friday is Hat Day.



TRAVEL WITH US!



Tickets must be paid for at time of reservation. Tickets are non-refundable.

For complete details about trips with 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.

DAY TRIPS

May 28 - Mystery Trip. \$122. 8:30am

June 18 - 8 Hour Cape Cod Canal Cruise with Buffet Luncheon at Mezza Luna. \$131. 7:30am.

July 17 - Life’s a Beach with the Malibu Brothers. Windham, NH. \$85. Drive on your own, be at Castleton by 11:30am.

August 8 - Nunsense a Musical with Buffet Luncheon. Newport, RI. \$132. 9am

September 13 - Lake Sunapee Luncheon Cruise. Sunapee, NH. \$127. 10am

October 17 - A Tribute to Robin Williams and Lunch at Wrights Farm. Burrville, RI. \$117. 10am

October 23 - Halloween Party at Indian Head. Lincoln, NH. \$117. 10am.

November 13 - Mohegan Sun Casino Trip. \$55. 7am.

December 11 - Nashville Christmas at Danversport Yacht Club. \$ 117. 10:45am.

EXTENDED TOUR TRIPS

Sept 4-11, 2024 Canyon Country. Scottsdale, Kaibab National Forest, Grand Canyon, Rafting on Horseshoe Bend, Lake Powell Cruise, Bryce Canyon National Park, Zion National Park, Las Vegas. \$3,799pp/do.

Dec. 4-8, 2024 Discover Spotlight on San Antonio Holiday. Mission San Jose, The Alamo, El Mercado, Fredricksburg, National Museum of the Pacific War, Choice on Tour, Historic Pearl District, Paseo del Rio Cruise. \$1,999pp

City of Methuen Energy Assistance Program

The City of Methuen Energy Assistance Program is available for any residents 60 years or older who meet the following income guidelines below. In addition to the guidelines, members also need to have been a Methuen resident for 1 year and must be on the existing statewide fuel assistance program known as “LIHEAP” (Low-Income Home Energy Assistance Program). The City of Methuen’s program supports heating expenses, electricity, and mortgage or rent payments if the individual is behind on bills. Additionally, If you have not applied to LIHEAP this most recent heating year, the deadline is April 30th. If you are already on LIHEAP from this past season, then you may qualify! For more information, please contact **Patrick McCarty** at (978) 857-1813 or **Jazmin Nunez** at (978) 960-7296.

Household Size	Maximum Income Level
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294
5	\$101,26

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HELLO RV AND CAMPING COMMUNITY!



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AD Space for SALE

Come Play 45's!
All are welcome!



May 13, 2024 ~ 1:00pm

PLEASE CALL 978-983-8825 TO REGISTER TODAY.

\$3.00pp.

Congratulations to the *March 11* game winners:

1st place: Rita Missereille & Joe Gabriel

2nd place: Bob Blumel & Phil Legro

Congratulations to the *March 25* game winners:

1st place: Sandy Seglin & Phil Legro

2nd place: Claire Desjardins & Rachel Breault

ENTERTAINMENT



Manja & Meatballs

Performed by Delvena Theater Group



Tuesday May 28, 2024

Show Starts at 1:30pm

Who dunnit? An exciting, live comedic, interactive murder mystery performance set in Luigi's Ristorante featuring Lynne Moulton, Joseph Zamparelli and Fran Baron in multiple roles. Come put your "super sleuth" on – having much fun along the way. Token prizes will be awarded.

THE TALK!

May 16, 2024



Everyone is invited to participate from 10:30-12:00pm. Meet with others for general conversation and current events discussion.

NEW CLUB

CARD MAKING

Hosted by Carolyn Sullivan

May 6 & 20th at 10:30am



Join Carolyn as she walks you through some of the techniques, tips, and processes of Card Making! Never buy a card again! Everybody loves a Homemade Card!

INFORMATIONAL SESSION

A Memoir of Forgotten History from The D-Day Invasion



Hosted by Francis Ford Jr
Wednesday May 29, 2024

Time will not erase the bravery of those who fought for our country. Join Francis Ford Jr as he talks about D-Day and some of the men who earned Medals of Honor

LOSS & TRANSITION BEREAVEMENT SUPPORT

May 15

June 19

@ 10am



Have you or someone you know recently lost a loved one? Need someone to talk to? The Loss & Transition support group program hosted by Beacon Hospice meet monthly at Methuen Senior Activity Center, 77 Lowell St, Methuen.

For information, call Lucille Bonanno or Jacquie Marchand, bereavement coordinators at Beacon Hospice at 978-837-3333.

Spring is Here! Volunteer!

Become a volunteer driver and help seniors in your community.

You decide when and where to drive.
Mileage reimbursement provided.



Call NEET at 978-388-7474 or visit

www.driveforneet.org/volunteer to learn more.



Northern Essex Elder Transport, Inc.

INFORMATIONAL SESSION

GENEALGY

Hosted by Beverly Brown
of the Methuen Historical Society

2nd SESSION

Thursday May 2, 2024

@ 10am

Search your Roots – Let's Begin!

Genealogy



IMPORTANT INFORMATION

The Mobile Market is held the third Tuesday of every month at the Senior Center, the bags contain dry pasta, cereal, bread, canned vegetables, canned fruits, shelf-stable milk, peanut butter, tuna, cheese, meat, and fresh produce. The food is provided by

The Greater Boston Food Bank at no cost.

Methuen senior residents must complete an application which is available at the front desk. There is a maximum number for this program, however; if you need food, please contact Public Health Nurse, Karen Ferullo, or Jazmin Nunez.



Big thanks... to all who contributed to the services and programming in April including: Colette vacations for their informational talk; Blue Cross Blue Shield for their talk on Resources for Medication Costs; to Bridge for her Proactive Brain Health talk; to Attorney Peter McQuillan for hosting free legal consultations; to Bev Brown for hosting Genealogy 101; to All In Energy for their energy savings presentation; to Kathy from Methuen Memorials for their informational pre-planning session; and a continued thanks to our Notre Dame students who volunteer in the office; and for the programming sponsorship by **Cedarview, Brightview, Salem Woods, Bear Mountain, Methuen Village, Giving Tree and The Woods**; as always, thanks to **State Representatives Reyes and Hamilton, State Senator Payano**, and Veterans Director **Paul Jensen** for providing convenient office visiting hours for seniors.
Stop in again this month for programs designed to keep you active, informed & entertained

INFORMATIONAL SESSION

Gardening Tips
With Veronica Campo



Topic: Starting Seeds Indoors

Date: Monday May 6, 2024
 @ 10:30am

We're excited to have Veronica Campo join us again this Gardening Season for an Informational Session on Starting your Seeds Indoors!

Light Refreshments Offered

Please call to register ahead 978-983-8825.

SAVE THE DATE

Methuen Senior Center
CELEBRATES 40 YEARS

Friday June 14, 2023 from 3-7

Tickets will go on sale
 Monday June 3rd from 8am-3pm
 Tues-Thurs from 12-3pm
 Friday 8am – 12pm

Tickets are \$10 per person
 First come, First Serve
 Tables of 8 can be reserved

DIALOGUE WITH THE DIRECTOR

We're thrilled to announce the launch of our newest monthly program, "Dialogue with the Director," hosted by our Executive Director, Ashley. Join us every 3rd Friday of the month at 10:00 a.m. for an engaging conversation where you can share your feedback, insights, and ideas directly with Ashley. This program is an opportunity for you to actively participate in shaping the future vision of our center. Your input is invaluable as we strive to enhance and expand our programs and services to better serve YOU! Let's embark on this journey of collaboration and growth together! Please note: if this time does not work for you, please reach out to Ashley directly and she will be happy to set-up a time to meet with you!

KINDNESS ROCKS

with Yvonne Paplaskas-

May 3 & 24 ~ 10:00am

Make one for yourself, for a friend or to anonymously spread a kind word in your community. Rocks, paint, and a fun time supplied!



Weekly Blood Pressure Clinic
Clinic Information

Methuen Senior Activity Center, 77 Lowell St,
 Methuen

Tuesdays 9:00am-11:00am

Maggie Leblanc, LPN and Faith Ouellette, RN

Thursdays 9:00am-11:00am

Karen Ferullo, RN

No appointment needed. This is a free service, but donations are always welcome!



More Clinic Services...-

Beverly Stoebel, BSW is available

Thursdays from 9:00am-1:00pm

to offer support and referral services to those in need.

Call 978-983-8825 to request an appointment.



Free Legal Clinic

With Attorney Peter McQuillan
 2nd Wednesdays of the Month

Call today to Schedule a

Telephone Appointment Today 978-983-8825

EXERCISE AND ACTIVITY SCHEDULE



Cost per class - \$2.00. Anyone not feeling well, (colds, flu, covid or close covid contact) is asked to isolate before attending class. Participants are asked to arrive and depart classes promptly and bring a change of indoor shoes for class.

Before attending any center class or program, all participants are required to complete an annual "Emergency Form" and will be issued a scan card to sign in each visit. Thank you for your cooperation.



WEEKLY ACTIVITIES - UPDATED!

Note: Some activities require pre-registration. Call 978-983-8825 for information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15 Aeroflex & Weights with Pat ~ 9:30-10:15 Gentle Yoga with Pat ~ 1-3:00pm Mahjong 	8:45-9:30 Cardio Aerobics & Weights with Val ~ Blood Pressure Clinic 9: 00-11:00 ~ Ceramics 9:00-11:30 ~ 9:30-10:15 Line Dancing with Val ~ Ceramics 12:30-3:00pm ~ 12:30-1:15 Tai Chi & Qigong with Allen ~ 1:00pm Beginner 45's ~ 1:00-3:00 Dominoes & Scrabble	8:30-9:15 Balance, Bones & Brain with Brian ~ 9:30-10:15 Balance, Bones & Brain with Brian ~ Quilting Class Beginner & Experienced 9:00-11:00 ~ 10:30-11:15 Zumba ~ Painting 10:00-12:00 ~ dopt-a-Grandparent 2:15-3:45 	8:30-9:15 Gentle Yoga with Paula ~ 9:30-10:15 Aeroflex & Weights with Paula ~ 1:00-3:00pm Bridge Group ~ 1:00-3:00pm Happy Hearts Chorus ~ 1:00-3:00pm Whist 	8:30-9:15 Yoga with Joan ~ 9:30-10:15 Yoga with Joan ~ 10:30-11:15 Line Dancing with Val ~ SHINE (<i>Serving Heath Insurance Needs of Everyone</i>). For appt, Call 978-983-8825
Our newsletter & mailings are sponsored in part by Executive Office of Elder Affairs, One Ashburton Place, Boston, MA 02108				

The weekday daily lunch program is available Monday through Friday at 11:30am. Reservations must be made no later than 11:30am, 2 days in advance by calling 978-983-8832. Suggested donation - \$2.00 per person/per day. Monthly menus are available at the center.



THRIFT SHOP is open Monday–Thursday 9:30am–3:00pm, Friday 9:30-12:00
Donations of *in-season* clothing and small household items are always gratefully accepted during regular shop hours. OPEN TO THE PUBLIC!

DON'T FORGET TO SCAN IN AT SCAN CENTER JUST OUTSIDE MAIN OFFICE IN LOBBY!

MEMORIALS

Memorial donations were recently received in memory of

**June Jodin
Carl Much**

Walter Andrewchuk

Memorial donations received by our Center will be used for special memorial items only. Memorial cards are available at the Center Office and from your funeral director.



ACCESSIBILITY NOTICE

Anyone needing an access accommodation to participate in City of Methuen programs or services, please contact Sandy Almonte, ADA Coordinator at 978-382-2123 or SAlmonte@ci.methuen.ma.us at least 2 week advance, or 2 business days before any Board or Commission meeting. This notice is available in alternative formats upon request

