



Lynn Senior Center Newsletter

LCOA Senior Center • 8 Silsbee Street, Lynn, MA 01901

781.599.0110

MAY 2011

ISSUE 177

PUBLISHED MONTHLY

HONORABLE JUDITH F. KENNEDY

Mayor of Lynn

STACEY MINCHELLO

Editor / Senior Center Director

This Publication is sponsored financially by the City of Lynn & the Executive Office of Elder Affairs

FROM THE MAYOR....

I hope you are enjoying a happy and healthy spring, and looking forward to some of the upcoming events taking place throughout the city.

The Lynn Auditorium is welcoming comedian Howie Mandel on May 20. Doors will open at 7 p.m. Frank Reyes, one of the best known bachata artists, famous throughout Latin America, will appear at the Auditorium on May 29. Doors open at 6:30. For tickets, please visit www.lynnauditorium.com, call the Lynn Auditorium box office at 781-581-2971, or purchase them at the box office, Lynn City Hall Room 311.

To celebrate Memorial Day, we will be hosting a ceremony in the Lynn Auditorium on May 24. All are welcome. The City will also host a Memorial Day Parade on May 30, starting at 1:30 at North Shore Community College and ending at the Pine Grove Cemetery.

On April 25, we announced an exciting new partnership with New England Eye, which will be operating its mobile vision clinic, New England Eye On-Sight, right here in Lynn. Patients will have the opportunity to receive a comprehensive eye exam or low vision evaluation on board the wheelchair-accessible van. I hope many of you will be able to take advantage of this new service.

Finally, I wish all mothers and grandmothers a very happy Mother's Day. May you enjoy the day with your families.

Best wishes,
Mayor Judith Flanagan Kennedy

Letter from the Director...

I had to pass this on to you.

In the line at the store, the cashier told the older woman that plastic bags weren't good for the environment. The woman apologized to her and explained, we didn't have the green thing back in my day.

That's right! They didn't have the green thing in her day.

Back then, they returned their milk bottles, Coke bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, using the same bottles over and over. So they really were recycled. But they didn't have the green thing back her day.

In her day, they walked up stairs, because they didn't have an escalator in every store and office building. They walked to the grocery store and didn't climb into a 300-horsepower machine every time they had to go two blocks. But she's right. They didn't have the green thing in her day.

Back then, they washed the baby's diapers because they didn't have the throw-away kind. They dried clothes on a line, not in an energy gobbling machine burning up 220 volts wind and solar power really did dry the clothes. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. But that old lady is right; they didn't have the green thing back in her day.

Back then, they had one TV, or radio, in the house not a TV in every room. And the TV had a small screen the size of a pizza dish, not a screen the size of the state of Montana. In the kitchen, they blended and stirred by hand because they didn't have electric machines to do everything for you. When they packaged a fragile item to send in the mail, they used wadded up newspaper to cushion it, not Styrofoam or plastic bubble wrap. Back then, they didn't fire up an engine and burn gasoline just to cut the lawn. They used a push mower that ran on human power. They exercised by working so they didn't need to go to a health club to run on treadmills that operate on electricity. But she's right; they didn't have the green thing back then.

They drank from a fountain when they were thirsty, instead of using a cup or a plastic bottle every time they had a drink of water. They refilled pens with ink, instead of buying a new pen, and they replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull. But they didn't have the green thing back then.

Back then, people took the streetcar and kids rode their bikes to school or rode the school bus, instead of turning their moms into a 24-hour taxi service. They had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And they didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest pizza joint. But isn't it sad that they didn't have the green thing back then?


MAY HAPPENING

Tues, May 3 rd	Mobility Management Discussion FREE!.....	9:30 am – 10:30 am
	Come discuss your transportation options.....	Large Activity Room
Weds, May 4 th	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center.....	9:00 a.m. to 1:00 p.m.
Weds, May 4 th	Strength & Balance Exercise Class \$5.....	11:30 am – 12:15 pm
Weds, May 4 th	Lunch trip: Jimmy's Steak House, Saugus \$2	11:00 am – 1:00 pm
Thurs, May 5 th	Taking Off Pounds Sensibly.....	10:00 a.m. – 11:00 a.m.
FRI, MAY 6th.....	MOTHER'S DAY EVENTS	
10 a.m. -11 a.m.....	FRIENDS of LCOA BAKE SALE	
12 p.m. – 1p.m.....	Denise Doucette Live show!	
Fri, May 6 th	Strength & Balance Exercise Class \$5.....	11:30 am – 12:15 pm
Tues, May 10 th	Blood Sugar Clinic – “Lucy Booth” Open!.....	8:30 a.m. – 10:00 a.m.
	Nurse available for your questions.	
Tues, May 10 th	Veterans Services Office Hours	10:00 a.m. – 12:00 p.m.
Tues, May 10 th	FREE CLASS! Facebook for Seniors.....	12:00 pm – 1:00 pm
Tues, May 10 th	NEW LINE DANCING CLASSES \$3.....	12:45 pm – 1:45pm
Weds, May 11 th	HAIR SALON HOURS – Walk in <u>or</u> appointments at the senior center.....	9:00 a.m. to 1:00 p.m.
Weds, May 11 th	Lunch Trip: Maggios, Revere \$2.....	11:00 am – 1:00 pm
Weds, May 11 th	Strength & Balance Exercise Class \$5.....	11:30 am – 12:15 pm
Thurs, May 12 th	Taking Off Pounds Sensibly.....	10:00 a.m. – 11:00 a.m.
Thurs, May 12 th	Podiatry Appointments call for appt.....	10:00 a.m. – 12:30 p.m.
Fri, May 13 th	Guest Speaker: Steve Carucci – Arthritis and joint pain.....	12:00 pm- 12:30 pm
Fri, May 13 th	Massage Therapy Appointments \$5.....	1:00 p.m. – 3:00 p.m.
Fri, May 13 th	Strength & Balance Exercise Class \$5.....	11:30 am – 12:15 pm
Mon, May 16th.....	Women's Group Meeting	11 am
Tues, May 17 th	FOXWOODS CASINO TRIP \$25 – Pre paid reservation required.....	7:00 am – 6:30 pm
Weds, May 18 th	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center.....	9:00 a.m. to 1:00 p.m.
Weds, May 18 th	Strength & Balance Exercise Class \$5.....	11:30 am – 12:15 pm
Thurs, May 19 th	Taking Off Pounds Sensibly.....	10:00 a.m. – 11:00 a.m.
Thurs, May 19 th	Lunch Trip: Lynn Tech \$2.....	11:00 am – 1 pm
Fri, May 20 th	Boston Food Bank: <u>Brown Bag</u>	10:00 a.m. – 12:30 p.m.
Fri, May 20 th	Strength & Balance Exercise Class \$5.....	11:30 am – 12:15 pm
Tues, May 24 th	Blood Pressure Clinic – “Lucy Booth” Open!.....	8:30 a.m. – 10:00 a.m.
	Nurse available for your questions.	
Tues, May 24 th	Lunch Trip: Kelly's Square Pub, East Boston \$2.....	11:00 am – 1:00 pm
Weds, May 25 th	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center.....	9:00 a.m. to 1:00 p.m.
Weds, May 25 th	Strength & Balance Exercise Class \$5.....	11:30 am – 12:15 pm
Weds, May 25 th	FREE Speaker Session.....	12 noon
	Total Hip Replacement sponsored by Twin Oaks Rehab.....	
Thurs, May 26th....	FRIENDS MEETING	10:00 a.m. – 11:00 a.m.
Thurs, May 26 th	T.O.P.S. Taking Off Pounds Sensibly.....	10:00 a.m. – 11:00 a.m.
Fri, May 27th.....	Massage Therapy Appointments \$5	1:00 p.m. – 3:00 p.m.
Fri, May 27 th	Strength & Balance Exercise Class \$5.....	11:30 am – 12:15 pm
Mon, May 30th.....	Memorial Day	Center is closed

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**LYNN SENIOR CENTER DAY TRIPS!
2011 SCHEDULE**

TUES, MAY 17 – FOXWOODS\$25
7 am – 6:30 pm Includes: \$10 Keno Play and \$15 Food Voucher

WEDS, AUGUST 24 – FOSTER’S CLAM BAKE \$62
Departs from the senior center at 8:30 am. Enjoy scenic tour to Nubble Lighthouse.
Clam Chowder, Mussels, Maine clams, LOBSTER!, corn on the cob, potatoes, onions, blueberry cake.
BBQ chicken available as alternate entree. Visit Hampton Beach area on the way home. Minimal walking/wheelchairs accessible. Approximate arrival time is 5:30 pm.

FRI, SEPTEMBER 23 – SCALLOP FESTIVAL....\$60
Departs from the senior center at 8:00 a.m. Admission to the Scallop Festival. FRIED scallops, coleslaw, French fries, soft drink. Roasted chicken available as an alternative entrée.
Craft vendors on site. Once you’ve enjoyed the festival, hop on to a 90 minute narrated harbor cruise. Approximate arrival time is 6:00 pm.

WEDS, OCTOBER 12 – TURKEY TRAIN.....\$65
Departs from senior center at 8:00 a.m. Board a NH railroad dining car for a scenic foliage train ride while enjoying a full turkey dinner. Sightseeing and more foliage on the ride home.
Approximate arrival time is 5:30 pm.

MON, DECEMBER 12 – HOLIDAY REVUE INDIAN HEAD.....\$65
Departs from senior center at 8:30 a.m. Arrive at Indian Head to a welcome reception with a souvenir picture for everyone. Receive a gift certificate to the gift shop! Enjoy a deluxe buffet followed by a live Holiday floor show. Enter a chance to win a grand prize drawing. Depart at 4pm.
Approximate arrival time is 5:30 pm.

Prepaid reservations required.
The Lynn Senior Center allows persons under 60 yrs old on our day trips if they are accompanying an elder as a companion.
Companions must be 18yrs or older.
Call Stacey @781-586-8503 with any questions

TWIN RIVERS
April 14th, May 19th, June 16th
\$18

 **MOHEGAN SUN**
Every Tuesday
\$25
10:30 am Bus leaves from REVERE, Taco Bell, North Gate Plaza, Pay on bus
7-7:30 pm Depart from Casino
Call Elaine 781-289-6144

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

Life Care Center of the North Shore is privately owned and is Lynn’s best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.



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It makes sense to concentrate your advertising where it does most good - right in your neighborhood! You pay only the advertising cost. Public relations and good will values are free. This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.

Convenient Budget Payment Terms. Call Today 800-732-8070

WELLNESS WATCH—May 2011

May is Stroke Awareness Month

Act FAST, Save a Life

Stroke is a leading cause of death in the United States and the leading cause of adult disability. **You** could save a life or help prevent a disability.

A stroke occurs when something happens to interrupt the flow of blood to the brain, like a clot or a burst in a blood vessel. Blood carries oxygen, needed by all cells. Brain cells deprived of oxygen quickly begin to die.

The good news is that disabilities can be prevented or limited. The person should be transported to the emergency room by ambulance **immediately**. The type of the stroke must be identified quickly in order to start appropriate treatment.

The EMT calls the hospital from the ambulance to alert the Emergency Room Stroke Team that a patient will be arriving. There is no waiting. Diagnosis and treatment can begin immediately on arrival.

The North Shore Medical Center Stroke Team at Salem and Union Hospitals are ready to respond as soon as they get that call. Learn these signs of stroke, act **FAST** and save a life.

SIGNS OF A STROKE:

- Face** Does the person's face look uneven? Ask the person to smile.
- Arm** Does one arm drift down? Ask the person to raise both arms.
- Speech** Does his/her speech sound strange? Ask the person to repeat a simple phrase, for example: "The sky is blue."
- Time** If you observe any of these signs, **it is time to call 9-1-1 immediately**.

Talk with your doctor about your risk factors for stroke. Learn what you can do to lower your risk.

Adapted from material from the Massachusetts Department of Public Health. For a free information pamphlet, *Is it a Stroke?*, in English, Khmer, Spanish or Portuguese visit www.maclearinghouse.com or call customer service 617-279-2240 ext 803; information given in Spanish or Portuguese 1-800-952-6637; TTY 617-536-5892 (Many other health related materials in several languages are available through these contacts.)

The pamphlet and a wallet size emergency contact information card are also available by calling Susan H. Brown, RN at GLSS, 781-599-0110 ext. 568.

Watch *Seasoned & Smart*, the GLSS Cable TV show on Thursdays in May, 6:00pm on this topic. The quests are Wendy Way Cohen RN and Sanford M. Levy, MD of the NSMC Stroke Team.

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C O M P U T E R

C L A S S E S



**Lynn Senior Center
Computer Room, 1st Floor
8 Silsbee Street, Lynn
781-586-8503**

All courses must be pre-paid at the time of registration to reserve your seat. If mailing your payment, make check payable to:

LCOA
Attn: ROSA
8 Silsbee Street
Lynn, MA 01901

Expect a phone call confirming your seat. All computer students must register for a Lynn Senior Center membership card before the first class. All students are also required to sign a compliance policy and procedure form.

COMPUTER CLASS SCHEDULE: MONDAYS...

May 23, June 6, 13, 20, 27

*Next Dates:
July 11, 18, 25,
August 1, 8*



INTRODUCTION TO MICROSOFT WORD

(Five Week Course)

This basic introductory course is for students with little or no word processing experience. This five week course introduces the beginner to the concept of word processing using Microsoft Word 2003. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert Pictures and Print Documents.

11:15 a.m. – 12:15 p.m.

Cost: \$50.00

COMPUTER CLASS DESCRIPTIONS:

Introductions to Computers & Windows XP (Five Week Course)

This basic introductory course is for students with little or no experience. This five week course introduces the beginner to learn the basics in keyboard and mouse operations, basic computer operations including Input, Output, Processing, and Storage. The student will learn the basics of Window XP and its functionalities, basic Word Processing and Terminology.

10:00 a.m. – 11:00 a.m.

Cost: \$50.00

INTRODUCTION TO THE INTERNET

(Five Week Course)

This introductory course is for students with little or no internet experience. This four week beginner course introduces the student to the concept of the Internet and the World Wide Web (WWW). The student will learn the basics of the Internet, Search Engines, Website access, creating an Email account, Sending and Receiving Emails, Downloading, the basics of Voice and Video Chat, Forums & User Groups, and Terminology.

12:30 p.m. – 1:30 p.m.

Cost: \$50.00

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Stuffed Shell/Meat Sauce Zucchini/Red Pepper Garlic Roll Chilled Pineapple ALTERNATIVE Chicken Filet Sandwich	3	Fish Florentine/Lemon Sauce Lyonnaise Potato Parsley Carrots Jell-o ALTERNATIVE Salisbury Steak/Gravy	4	Veal Cacciatore Steamed White Rice Italian Green Beans Fresh Fruit ALTERNATIVE BBQ Tyson Chicken	5	Cream of Broccoli Soup Meatloaf/Gravy O'Brien Potatoes Chilled Fruit ALTERNATIVE Omelet w/Cheese Sauce	6	MOTHER'S DAY SPECIAL Apple Raisin Stuffed Tarragon Chicken Cran Sauce/Veggie Medley Bk Potato/Sour Cream Snowflake Dinner Roll Raspberry Cookie
9	**Turkey Kielbasa**/Roll Peppers & Onions Green Beans/Home Fries Chilled Fruit ALTERNATIVE Rib-B-Q w/Gravy	10	Eggplant Parmesan Rotini /Meat sauce Roman Blend Veggies Fresh Fruit ALTERNATIVE Chicken Tenders w/Lemon Sauce	11	Beef Stew Diced Potato Stew veggies Cookie ALTERNATIVE Broccoli & Cheese Fish/Dill Sauce	12	Honey Mustard Tyson Chicken Sour Cream Whipped Potato Italian Blend Veggies Muffin/ Chilled Fruit ALTERNATIVE Mushroom Quiche	13	Chicken Noodle Soup Chef Salad WW Dinner Roll Pudding ALTERNATIVE Tuna Salad/WW Bread
16	Stuffed Pepper/Sauce Diced Seasoned Potatoes Butternut Squash Chilled Fruit ALTERNATIVE Haitian Turkey	17	Boneless Chicken Bruschetta Scalloped Potato Spring/Summer Veggie Blend ALTERNATIVE Liver & Onions/Gravy Scalloped Potato	18	Green & Golden Beans Fresh Fruit ALTERNATIVE Salisbury Steak Potato	19	Italian Wedding Soup Egg Salad/WW Bread Tossed Salad Jell-o ALTERNATIVE Shaved Roast Beef	20	Roast Pork/Gravy Whipped Potato Country Blend Veggies Cake ALTERNATIVE Cranberry Glazed Chicken
23	Veggie Lentil Soup Pesto Tyson Chicken Garlic Whipped Potato Chilled Fruit ALTERNATIVE Spanish Beef/Yellow Rice	24	Sweet & Sour Meatballs Lo Mein Noodles Broccoli Pudding ALTERNATIVE Garlic Paprika Boneless Chicken	25	Scrod/Lemon Sauce Cheddar Whipped Potato Tuscany Veggies Brownie ALTERNATIVE Lasagna w/Meat Sauce	26	Chili/ Shredded Cheese Rice/ Corn Bread Tossed Salad Mandarin Oranges ALTERNATIVE Chicken Teriyaki	27	Hamburger/ Roll Lettuce & Tomato/Cheese Corn/ Potato Salad Watermelon ALTERNATIVE Turkey Burger
30	 HOLIDAY NO MEAL SERVICE	31	Roast Turkey/Gravy Cran Sauce/ Sweet Potato Peas & Onions/ Muffin Chilled Pineapple ALTERNATIVE Beef Strip Steak w/Gravy	PLEASE NOTE ENTREES MARKED WITH ** ARE SODIUM		 May 2011 			

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SENIOR CENTER ACTIVITIES MAY 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12	W/II	9:00 -12	W/II	9:00 -12	W/II
10:00-11:00	COMPUTER CLASS: INTRO	9:45-10:45	9:00 - 1:00	9:00-10:30	9:30-11:15
		POKENO	HAIR SALON	WATERCOLOR PAINT CLASSES	TRIVIA PURSUIT TEAM PLAY
10:45-12:30	LUNCHEON	10:00-11:30	9:30-11:00	10:00-11:00	10:00-11:30
		OIL PAINTING CLASS	ARTS & CRAFTS	T.O.P.S.	KNITTING & CONVERSATION
11:15- 12:15	COMPUTER CLASS: WORD	10:45-12:30	9:30-11:00	10:45-12:30	10:45-12:30
		LUNCHEON	WHIST	LUNCHEON	LUNCHEON
12:00-1:00	MEN SPORT'S CLUB	12:30-2:30	10:45-12:30	10:30-12:00	11:30-12:15
		CRIBBAGE	LUNCHEON	PAINT CLASSES	EXERCISE CLASS
12:30-1:30	COMPUTER CLASS: INTERNET	12:45-1:45	11:30-12:15	1:30-3:30	1:15-2:45
		LINE DANCING	EXERCISE CLASS	JAPANESE BUNKA EMBROIDERY	BINGO
1:15-2:45	BINGO	1:00-2:45	1:00-2:00	2:00-3:00	
		POKENO	ZUMBA GOLD		
			1:00 - 3:00		
			'PENNY ANTE' POKER		

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This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.

Convenient Budget Payment Terms.

Call **800-732-8070**

Thank you *Thank you* *Thank you*
 Sophie Karoumpalis
 for your generous donation

**THE LYNN COUNCIL ON AGING SENDS A WARM WISH OF
GRATITUDE TO: Corinne Prigian**

*We thank you for all your years of line dance teaching!
 We thank you for all your smiles and sunshine!
 We thank you for all the laughs! We thank you for all the shows!
 We thank you for all the memories!
 Best wishes!*

*In loving memory of Mike Gauvain
 ~ Gail Gauvain*

*In loving memory of Al and Eunice La Bossiere
 ~ Gail Gauvain*

**THE FRIENDS OF THE
LYNN COUNCIL ON AGING CAMPAIGN**

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make checks payable to: the FRIENDS of LCOA

Please accept my donation of \$ _____

_____ in memory of _____ in honor of _____

Send card to: _____

Donated by: _____

Thank you.

**ALL THE SENIORS IN TOWN ARE READING THIS NEWSLETTER!
DO THEY KNOW WHO YOU ARE?
PLACE AN AD TODAY! CALL 800-732-8070**

Come join us for the “**A Matter of Balance Workshop**”. In this fall prevention workshop you will learn to view falls as controllable, set goals for increasing activity, and exercise to increase strength and balance. Classes will be held at GLSS on Tuesday & Thursday from 2-4 on May 3-26. The service is **FREE!** If you are interested in hearing more about the workshop or would like to sign up call Laura Gatchell at (781) 586-8579.

DIABETES SELF MANAGEMENT WORKSHOP

Tuesdays- 6 weeks

May 31, 2011 to July 5, 2011

9:30 am – 12 pm

Lynn Senior Center

Registration contact: Jan Ferris 781-586-8680

jferris@glss.net

Information session: Wednesday May 11, 2011 at 9:30 am

Light refreshments and raffle prize included



CONTEST!

When you think of the Lynn Senior Center... what comes to mind?

We are looking for a one liner to use in promotional material and want to tap into your creativity. We know some of you will entertain us! Winner receives a prize package! Turn in your submission to Kristi no later than May 20th.

NEW CLASSES!!!

Line Dancing

\$3 per class

Tuesdays, starting May 10th

12:45 pm -1:45 pm

Instructor: Bob Grundy

Bob teaches a progressive line dancing program to all levels of learning with old music and new.



Zumba Gold

\$3 per class

Wednesdays, starting May 11th

1:00 pm -2:00 pm

Instructor: Alyne Silva

Alyne teaches a comfortable slow paced dance exercise.



Chestnut Gardens

A P A R T M E N T S

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233 Albion Street Wakefield

Committed to Life at Home

***Congratulations Bob Ulfo
for correctly solving***

April's Red Sox math problem!
The answer is 2.

FREE!

COOKING FOR #1 PROGRAM

The Lynn Council on Aging Senior Center proudly announces a free cooking program for seniors. Learn how to create affordable, healthy, tasty meals with hands on instructions with professional chef, Robin Lang. Each program is four classes. Class size is limited to six students and will take place in the large activity room at the senior center. The classes are progressive in such students are expected to attend all four classes to fully benefit from the program.

- #1 **Friday, June 3rd 1pm-2pm**
Classroom session discussing menu planning, food prep, and budgeting
- #2 **Friday, June 10th 1pm – 3 pm**
Field Trip to Stop & Shop, learn to understand labels, how to choose good food at reasonable prices with coupons and flyers. Meet at senior center; bus leaves promptly at 1pm.
- #3 **Friday, June 17th 2:30 pm – 4 pm**
Hands on cooking demonstration at the Lynn Senior Center.
- #4 **Friday, June 24th 1pm-2pm**
Questions and Answers classroom review

Sign up is first come first serve. Call Kristi at 781-586-8618 to reserve your seat.

We expect to run this program again on Fridays in July and August.

The Friends of the LCOA are grateful to Stop & Shop, for their major gift to support this wonderful program. Special thanks to Shaw's Supermarket for their generous contribution as well.

FOOD STAMPS.....will no longer host office hours at the Lynn Senior Center.

We apologize for the inconvenience this may cause you.

All consumers must go to DTA 35 Congress St, Salem. 978-825-7300

MARK DOWN THE DATE

Friday, May 6th

BAKE SALE 10 am – 12 noon

Bring in a donation! Buy a baked good!
Sponsored by the FRIENDS of LCOA.

All proceeds benefit
the Lynn Senior Center

THE LOVELY! THE BEAUTIFUL!

Your Favorite and MINE!!!!

DENISE DOUCETTE

Returns for her annual
Mother's Day tribute!

11 am – 12pm



Happy Mother's Day

MOVIES... every Wednesday!

*Free Popcorn and soda
Wide Screen Plasma Home Theatre System*

May 4	Letters to Juliet	2010 PG-13
May 11	Wedding Planner	2001 PG-13
May 18	The Social Network	2010 PG-13
May 25	Hitch	2005 PG-13

Is there a flick you want to see?
Call us or email us?



Movies are subject to availability.

IN THE GARDEN

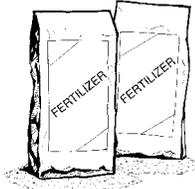
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WORD LIST

APPLES
 BUGS
 COMPOST
 FERTILIZER
 FLOWER
 GROW
 HARVEST
 HERBS
 HOSE
 MANURE
 ORCHARD

PATCH
 PEPPERS
 PLANTS
 PUMPKINS
 SCARECROW
 SHOVEL
 SPRINKLER
 TOMATO
 TOPSOIL
 VEGETABLES
 WEEDS



**LYNN
COUNCIL ON
AGING**

John W. Baker

*

Edmund Brown

*

Daniel P. Hanlon

*

George Meimeteas

*

Charles Mitchell

*

Frances Taggart

LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
LYNN, MASSACHUSETTS 01901
(781) 599-0110

CAPTURE THE PRIDE

RETURN SERVICE REQUESTED

NON-PROFIT
U.S. POSTAGE
PAID
LYNN, MA
PERMIT NO. 56



HEALTH FOCUS PROGRAM



LYNN SENIOR CENTER

MAY 2011

VETERAN'S SERVICES

*May 10th
10:00 am - 12:00 pm*

**BLOOD SUGAR TESTING
FOR DIABETICS**

*May 10th 8:30 am - 10:00 am
(Nurse available during these clinics
for any health questions.)*

BLOOD PRESSURE

*May 24th 8:30 am - 10:00 am
(Nurse available during these clinics
for any health questions.)*

MASSAGE THERAPY

*May 13th and 27th
1:00 pm - 3:00 pm
Call for appointment*

PODIATRIST

*May 12th 10:00 a.m.
Call for appointment.
Bring insurance card*

HAIR SALON

*Wednesdays
9:00 am - 1:00 pm
Walk-ins or appointments*