

LYNN COUNCIL ON AGING SENIOR CENTER



**OCTOBER
2012**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Every once in awhile a special unique person comes into your life... When they do, it's a rare event. We have been fortunate to have this rare event happen to us at the Lynn Senior Center. We have a quiet unselfish gentleman who volunteers, his vehicle, his gas, and every day his time to pick up donations. Rain, snow, and even in the heat he travels back and forth to the senior center to make sure we receive our food donations. I'm not even sure if he realizes that these food donations, mostly bread become a meal for someone who doesn't have any food. We are grateful to this kind hearted man and want the world to know we appreciate all he does. So when you see Bernie Atkins, shake his hand, thank him and tip your hat off to him. Thank you, Bernie!

From Your Mayor

What a beautiful time of year this is, with the cool, crisp air moving in and the leaves falling around us. Autumn has arrived.

There are several events coming up that I hope you can take advantage of. We have a full lineup this month at the Lynn Auditorium, including a sold-out performance by Jethro Tull's Ian Anderson on Oct. 3 and performances by David Bisbal on Oct. 17 and Jose Luis Perales on Oct. 21. For more information please call the Box Office at 781-581-2971.

On Saturday, Oct. 13, the Lynn Museum will celebrate its 115th anniversary with a Bootleg Bash Prohibition Party from 7-10 p.m.

As Halloween approaches, Central Square will celebrate the holiday with its annual Central Scare on Thurs., Oct. 25 at 4 p.m. In collaboration with Lynn Arts, Central Scare is Lynn's annual downtown haunted house. It is truly a community event with organizations throughout the city coming together to transform LynnArts' black box theater for one night.

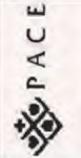
As always, it is my hope you all stay healthy as flu season approaches. On Oct. 25, the Dept. of Public Health will be offering flu clinics at Lynn English High School from 9 a.m. to 12 p.m. Please bring your health insurance cards.

Lastly, another rite of fall is elections. Regardless of your affiliation, I urge you to remain informed during this exciting presidential election year and exercise your right to vote on Nov. 2.

Best wishes,
Mayor Judith Flanagan Kennedy



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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of Elder Affairs & City of Lynn

Meet the Staff:

Stacey Minchello, Director
 Rosa Paulino-Diaz, Assistant
 Kristi Harris, Assistant

Hours of Operation:

Monday thru Friday
 8 a.m. to 4 p.m.

LCOA Board of Directors

Al DiVirgilio

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Meets 4th Wednesday monthly at 1:30 p.m.

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Deb Small

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President
 Vice-President
 Treasurer
 Recording Secretary

Meets last Thursday monthly at 10 am

Medicare's Open Enrollment Period

October 15 – December 7

Medicare plans change every year!

This is the time to decide on your coverage for 2013.

SHINE Can Help! SHINE counselors provide **free** Medicare counseling.
Call your senior center for a SHINE appointment now!

~ Or ~

You can call **1-800-AGE-INFO (1-800-243-4636)**, then **press** or **say 3**.
 Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

~ Or ~

For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call **1-800-MEDICARE**.

October Happenings

Mon, Oct 1	Tai chi & meditation	\$2	9:30 a.m. – 10:15 a.m.
Mon, Oct 1	TOPSFIELD FAIR TRIP	\$2	9:00 a.m. – 2:30 p.m.
Tues, Oct 2	Mr. Specs Eye Glass Clinic		10:00 a.m. – 11:00 a.m.
Weds, Oct 3	FOOD STAMPS		9:00 a.m. – 3:00 p.m.
Weds, Oct 3	Death with Dignity Debate, “Question 2”		11:30 a.m. Game room
	Hear both sides and learn the pros and cons of the ballot question.		
Weds, Oct 3	Strength & Balance Exercise Class		11:30 am -12:15 pm
Thurs, Oct 4	Take Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
THURS, OCT 4	TRIAD- Safety for Seniors/FREE Senior IDs- 95 Tremont St Lobby		10 am
Thurs, Oct 4	Birthday Karaoke (50/50 raffle)		11:30 a.m. – 1:00 p.m.
Fri, Oct 5	Strength & Balance Exercise Class		11:30 am -12:15 pm
MON, OCT 8	COLUMBUS DAY		CENTER IS CLOSED
Tues, Oct 9	Blood Sugar AND Blood Pressure Clinic		8:00 a.m. – 9:30 a.m.
	Nurse available for your questions. Activity Room		
Tues, Oct 9	LIVE SHOW: ATTICUS (Performed by Richard Clark)		12pm-Game Room
Weds, Oct 10	<u>Lunch Trip:</u> Red’s Sandwich Shop		10:30 a.m. 1:00 p.m.
Weds, Oct 10	Strength & Balance Exercise Class		11:30 am -12:15 pm
Thurs, Oct 11	Free Seminar! By Atlantic Hearing		10 am Game Room
	“Dual Sensory Loss- Practical Adaptations to Hearing and Vision Loss”		
Thurs, Oct 11	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Thurs, Oct 11	Podiatry Appointments		10:00 a.m. – 12:00 p.m.
Thurs, Oct 11	<u>Field Trip:</u> Five Guys & Swizzles Frozen Yogurt		11 a.m. – 1:30 p.m.
Fri, Oct 12	Massage Therapy Appointments	\$5	1:00 p.m. – 3:00 p.m.
FRI, OCT 12	CASINO NIGHT FUNDRAISER \$10		7pm -11pm
	Knights of Columbus Hall, 177 Lynnfield Street, Lynn		
Mon, Oct 15	Women’s Group Meeting		10 am – 11 am
Mon, Oct 15	Tai chi & meditation	\$2	9:30 am – 10:15 am
Tues, Oct 16	Free Belly Dancng Class! Celebrating “Novratri”		12 pm
	Sponsored by Life Care of the North Shore		
Tues, Oct 16	FOXWOODS CASINO	\$25	7:00 a.m. -6:30 pm
	\$10 Food or Buffet \$10 Keno Bet		
Weds, Oct 17	Mystery Foliage Tour	\$2	9am depart-2:30 return
	(Travel wherever to find some fall leaves, lunch on your own, location announced on bus!)		
Weds, Oct 17	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Thurs, Oct 18	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Fri, Oct 18	Strength & Balance Exercise Class		11:30 am -12:15 pm
Fri, Oct 18	<u>Photo Club Trip, for members only</u>		9:30 a.m. – 1:00 p.m.
Fri, Oct 19	BROWN BAG: BOSTON FOOD BANK		10:00 a.m. – 12:00 p.m.
Mon, Oct 22	Tai chi & meditation	\$2	9:30 am – 10:15 am
Mon, Oct 22	<u>Lunch trip:</u> Chicago Uno - Swampscott	\$2	11:00 a.m. – 1:00 p.m.
Tues, Oct 23	<u>Field Trip:</u> Wrentham Outlets	\$2	9:30 a.m. -2:30 p.m.
	(Arrive at outlets approx 10:30 am, shop 3hrs, leave at 1:30p.m)		
Weds, Oct 24	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Thurs, Oct 25	FRIENDS OF LCOA meeting		10:00 a.m. – 11:00 a.m.
Thurs, Oct 25	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Thurs, Oct 25	50’s SHOW (Performed by the North Shore Songsters)		12 noon
Fri, Oct 26	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Fri, Oct 26	Massage Therapy Appointments	\$5	1:00 p.m. – 3:00 p.m.
Mon, Oct 29	Tai chi & meditation	\$2	9:30 am – 10:15 am
Tues, Oct 30	DANCE CALIENTE SHOW-FREE		12 noon—center closes at 3pm
Weds, Oct 31	Happy Halloween—best costume prize and scratch ticket raffle		12:30 pm
Weds, Oct 31	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.

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OCTOBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Spaghetti w/ Meatballs Italian Green Beans WW Roll Chilled Fruit ALTERNATIVE Veggie Quiche/ Potato</p>	<p>2</p> <p>Cranberry Glazed Boneless Chicken Garlic Whipped Potato Fiesta Veggies Fresh Fruit ALTERNATIVE Spanish Fish</p>	<p>3</p> <p>Beef Stew Diced Potato Stew Veggies Pudding ALTERNATIVE Chicken Marsala</p>	<p>4</p> <p>Potato Chowder Turkey Salad/ WW Tossed Salad Chilled Fruit ALTERNATIVE Egg Salad/ WW</p>	<p>5</p> <p>Hot Dog/ Roll Veggie Baked Beans Cole Slaw Jell-o ALTERNATIVE Beef Strip Steak</p>
<p>8</p> <p>HOLIDAY NO FOOD SERVICE</p>	<p>9</p> <p>Pasticchio Roman Blend Veggies Cookie ALTERNATIVE Chicken Filet WW Bulkie</p>	<p>10</p> <p>Veggie Lentil Soup Tarragon Tyson Chicken Lyonnais Potatoes Chilled Fruit ALTERNATIVE Salisbury Steak</p>	<p>11</p> <p>Stuffed Pepper Steamed Buttered Potato Green & Golden Beans Fresh Fruit ALTERNATIVE Turkey Ham/Hawaiian Sauce</p>	<p>12</p> <p>Fish Florentine Oven Roasted Potato Tuscan Veggies Muffin/ Chilled Fruit ALTERNATIVE Spanish Sheppard's Pie</p>
<p>15</p> <p>Chix Broccoli Pasta Casserole Carrots Chilled Fruit ALTERNATIVE Meatballs/Gravy Potato</p>	<p>16</p> <p>OCTOBER SPECIAL Beef Burgundy Seasoned Red Bliss Potato Capri Veggies Buttermilk Biscuit Chocolate Chip Pumpkin Bread Pudding</p>	<p>17</p> <p>Roast Turkey/ Gravy Sweet Potato Peas & Mushroom Fresh Fruit ALTERNATIVE Pork Patty / Gravy</p>	<p>18</p> <p>Chili/ Shredded Cheese Steamed Rice Tossed Salad/ Corn Bread Mandarin Oranges ALTERNATIVE Chicken Teriyaki</p>	<p>19</p> <p>Garden Veggie Soup Meatloaf/ Gravy Whipped Potato Jell-o ALTERNATIVE Chicken Filet/ Roll</p>
<p>22</p> <p>Lasagna/Meat Sauce Spinach / Garlic Roll Chilled Fruit ALTERNATIVE Mushroom Quiche Whipped Potato</p>	<p>23</p> <p>Honey Mustard Tyson Chicken Cheddar Whipped Potato Veggie Ratatouille Pudding ALTERNATIVE Liver & Onions/Gravy</p>	<p>24</p> <p>Rib-B-Q/ Gravy Brown Rice Pilaf Butternut Squash Chilled Pineapple ALTERNATIVE Spanish Chicken/Rice & Beans</p>	<p>25</p> <p>Cream of Broccoli Soup Roast Pork/ Gravy Baked Potato/ Sour Cream WW Roll/ Fresh Fruit ALTERNATIVE Chicken Paprika</p>	<p>26</p> <p>Potato Crunch Fish/ Sauce Whipped Potato Green Beans & Red Pepper Cake ALTERNATIVE Dominican Beef Stew</p>
<p>29</p> <p>Hamburger/ Roll O'Brien Potato Corn Chilled fruit ALTERNATIVE Omelet w/ Cheese Sauce</p>	<p>30</p> <p>Lemon Dijon Boneless Chicken Delmonico Potato California Blend veggies Muffin/ Fresh Fruit ALTERNATIVE Haitian Turkey</p>	<p>31</p> <p>Stuffed Shells/ Meat Sauce Green Beans & Red Pepper Halloween Cookie ALTERNATIVE Chicken Marsala Whipped Potato</p>		

SENIOR CENTER ACTIVITIES • OCTOBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: NTERNET	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-2:30 CRIBBAGE	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
1:15-2:45 BINGO	1:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:15-2:45 BINGO
	1:30 Billiards Club	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
		1:00-3:00 'PENNY ANTE' POKER		

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 our 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.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.



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HERE

CALL
TODAY**

Trips

Departs from Lynn
Senior Center

**Foxwoods
October 16th**



Casino Trips from Revere
Departs from Northgate Plaza

Mohegan Sun \$25

Every Tuesday
10:00 a.m. - 8:45 p.m.

Twin River \$20

Oct: 11th & 25th
10:00 a.m. - 8:10 p.m.

Any questions? Call Elaine 781-289-6144
(Departs from back of Price Rite at Northgate in Revere)

FREE!! OCTOBER ENTERTAINMENT

"These programs are supported in part by a grant from the Lynn Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency."

Oct 9th 12noon "ATTICUS"
performed by Richard Clark

Oct 25th 12 noon "50's Show!"
performed by the North Shore Songsters

Oct 30th 12 noon "Dance Caliente"
performed by *Eileen Herman-Haase & Raul Nieves*

The de-CLUTTERS' GROUP

Is clutter:

- Taking over your home or work space?
- Creating safety problems in your home?
- Making you ashamed of your environment?
- Affecting your life and relationships?

**Join our 10-week group meeting!
Tuesdays starting October 2, 2012, at 12:30 p.m.
at the Swampscott Senior Center**

Receive information and support from others.
Learn strategies for de-cluttering your home and life.

For more information, contact:

Laurie Grant at 781-586-8605 or by e-mail lgrant@glss.net by September 20, 2012.

MOVIES...every Wednesday @ 1:00 p.m.

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

Oct 3	Hello Dolly!	G	1969
Oct 10	Hugo	PG	2011
Oct 17	The Unsinkable Molly Brown	NR	1964
Oct 24	I am Sam	PG-13	2001
Oct 31	Phenomenon	PG	1996

PELICULA LATINA

Oct 11	Maldonado Miracle	1:00 pm	PG	2003
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Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



~ IMPORTANT NOTICE ~

Starting immediately we will no longer allow food or drink on the carpeted areas. We thank you for your understanding. The rugs are getting a beating with dropped food and liquids and we are afraid we won't be able to clean the rugs.

Our apologies if this ruins the atmosphere of the event but we can not afford new rugs at this time and the cost of cleaning is getting costly.

Sponsored by the FRIENDS of the Lynn Council on Aging

CASINO NIGHT



Mark your calendar!

Fundraising night to support the Lynn Senior Center

October 12th
7pm- 11 pm
\$10 per ticket

Knights of Columbus
177 Lynnfield Street, Lynn
~silent auction and raffles~

*If interested in becoming a corporate sponsor or a volunteer dealer (we train),
call Stacey @781-586-8503.*

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Place Your Ad

WELLNESS WATCH

Preventing Falls -What you can do.

More than one-third of adults over the age 65 fall each year. As we get older, falls become much more dangerous. A fall can be fatal. Serious complications can follow a fall.

Falls may occur because of some of the changes as we age. Declining vision, balance and strength; these changes can increase the possibility of falling. Medicines can cause dizziness, slowing of reaction time or other side effects. The environment in the home may create safety hazards.

Most falls can be prevented. Listed below are some of the things you can do to lower your chances of falling.

Know your Medicines

- Keep a current list of all your prescription and over the counter medicines.
- Review this list with your doctor and pharmacist .
- Ask about side effects that may increase your risk of falling.
- If you are given a new medicine ask if it will interact with current medicines, possibly causing side effects.
- Ask how to take your medicines correctly. Ask about how alcohol interacts with your medicines.

Stay Strong with Exercise

- Regular physical activity makes your muscles stronger, improves flexibility, balance, strength and endurance.
- Investigate exercises recommended for older adults.
- Join an organized exercise or strength training program, dance more, Yoga and Tai Chi are great for flexibility and balance. Water aerobics works well if you have arthritis or other joint diseases.

Create a Safe Home Environment

- Talk with your doctor to see if a cane, walker, or other device can help you maintain balance
- Remove things you can trip over. Use non-slip mats in bathtub and shower.
- Use brighter light bulbs.
- Wear shoes with good support and non-slip soles

Have your vision checked. Poor vision increases your risk of falling.

- An out of date glasses prescription can create vision problems
- A condition like glaucoma or cataracts can limit your vision.

Adapted from *What You Can Do to Prevent a Fall*, by Carolyn M. Clancy, MD,
Agency for Healthcare Research and Quality. www.ahrq.gov/consumer/cc

Resources:

- **A Matter of Balance:** Managing Concerns about Falls, is a workshop designed to reduce the fear of falling and increase the activity level of older adults who are concerned about falls. Participants learn skills and light exercises that will decrease the likelihood of falling. **Greater Lynn Senior Services offers this workshop beginning October 9, 2012 at the Lynn Senior Center. For more information please contact:** Mary Carideo CRRN, BSN/ Healthy Living Program Manager at Greater Lynn Senior Services, 781-586-8527 or mcarideo@glss.net
- Call 1-800-222-2225 or visit www.nia.nih.gov for free material in English and Spanish on preventing falls, exercise tips and more.
- Log on to <http://nihseniorhealth.gov>. The Senior Health site provides material on a variety of topics. Free copies of material can be downloaded.

For more information: Susan H. Brown RN GLSS Community Education Nurse, 781-586-8568/sbrown@glss.net

A Very Haunted Halloween

M R Y K F R I G H T E N I N G O B L I N
 Z C M C R E A K I N G D O O R K T T M X
 L A M O A N I N G B B O S C R E A M X S
 L S U U N F U L L M O O N K G N C M J N
 O P M N K O S R E T S N O M R P K I Z O
 R M H T E E T G N I R E T T A H C D A E
 T U A D N C O B W E B S E U V V A N P I
 S B G R S I L V E R B U L L E T L I I B
 O E K A T S N E D O O W E L Y W B G C M
 H S H C E G R O S S E N K R A D X H A O
 G O C U I C O F F I N F S U R B M T C Z
 J O T L N F A L H A U N T E D S E S K B
 A G I A N T S P I D E R S P O O K Y L G
 T H W D O O L B J M N W F L O W E R E W

bat

ghost

witch

skeleton

coffin

spooky

Count Dracula

Frankenstein

mummy

monsters

haunted

scream

giant spider

cackle

graveyard

boo

eyeballs

full moon

darkness

blood

werewolf

troll

goblin

frightening

gross

cobwebs

goosebumps

chattering teeth

moaning

creaking door

zombie

midnight

black cat

ANNOUNCEMENTS

Congratulations Volunteers and Staff CPR and AED certified by the American Heart Association

Robert Knox
Geraldine Parsons
Richard Smith
Heather Slavin
Linda Thompson
Ken Woolf
Rosa Paulino Diaz, Kristi Harris, Stacey
Minchello

A MATTER OF BALANCE WORKSHOP

~practical strategies to manage falls

Sponsored by Greater Lynn Senior Services
Classes meet Tuesdays and Thursdays for 2
hours each.

At the Lynn Senior Center

\$15 fee - scholarships available

If interested, call Mary Carideo, 781-586-8527

TAI CHI CLASSES \$2

Relax, stretch and meditate

NEW day and times!

Starting in October:

MONDAYS 9:30 am – 10:15 am

FREE! - Pick up at the senior center-

- Sharps containers for your used needles. Once your container is full drop off at the health clinic at Lynn City Hall or The Medicine Shoppe on Union Street.
- 911 emergency cell phones- emergency use only, no plan required. While supplies last.

NEW ACTIVITY

Writing Memoirs in Altered Books Christy Connolly, teacher

THURSDAYS

Oct 4, 11, 18, 25, Nov 1, 8, 15,

1pm – 2:30 pm

Limited seating-sign up soon! This is a cool fun way to learn something new! Don't be nervous; it doesn't require any talent! You will be able to express yourself through art. We help you. You create. There are no rules. You won't be critiqued and you won't be wrong. Don't worry about your art skills, penmanship or writing abilities. Studies have shown that this type of engaging activity helps elders relax through music and socialization while using art as an expression of memory and creativity. Don't miss out on the fun! You leave with your project. All supplies are free. Call or see Kristi to reserve your seat.

HAPPY HALLOWEEN

Wednesday, Oct 31st

Best costume wins a prize!

Plus...

Scratch ticket Contest

Bring in an **UNSCRATCHED** scratch ticket and receive a raffle ticket (equal to the value of scratch tickets) to enter to win the whole bucket of unscratched tickets!

Example: bring in \$5 worth of scratch tickets; either one \$5 or 5- \$1 doesn't matter and have 5 raffle tickets placed in the locked bucket.

12:30 pm prize announcement and ticket pull before movie time

Trick or Treat!

COMPUTER CLASSES

We apologize for the inconvenience. We are suspending computer classes until further notice. Our plans are to upgrade the computer systems with updated operating software and revamp the textbooks. Also know that future classes will only be held when there is a minimum of four students.

IN LOVING MEMORY

In loving memory of Dr. Thelma Berger
~Dr. Harvey Berger

**Thank you
for your donation!**

- Sophie Karampoulis
- Marie Babineau
- Sophie Karampoulis



DEDUCTIBLE DONATION

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 check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

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Donated by: _____



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MONDAYS
STARTING @ 10:00 AM

WASH & CUT	\$10
WASH, CUT & SET	\$15
COLOR	\$20
BRAIDS	\$20 & UP
LAYERING	\$10
WEAVES	\$20 & UP

WALK-IN OR APPOINTMENTS

SOPHIE'S SALON

WEDNESDAYS
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

WELLNESS OFFERINGS

EYEGLOSS CLINIC

October 2nd
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR & BLOOD PRESSURE

October 9th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

HEARING CLINIC

October 30th
9:00 am—11:00 am

PODIATRIST

October 11th
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card

MASSAGE THERAPY

Oct 12th & 26th
1:00 pm—3:00 pm
Call for appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

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

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