

LYNN COUNCIL ON AGING SENIOR CENTER



**February
2015**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

You know what I love?

Valentine's Day is all about the love! Let's not go overboard with all the gushy romantic stuff... really at this stage? But I will tell you what I love... I love it when I can get the duvet cover on the comforter the first time without falling, hurting myself or knocking anything off the wall! I love being next in line. I love pushing the elevator button and it dings right away. I love when my puppy gets so excited to see me when I get home from work. I love extra frosting on my cupcake. I love sunny skies and warm breezes and pleasant policeman that only give warnings not big tickets for speeding around in the sunny breezes! I love baked apples and tangerine jelly beans; probably not together though. I love a ball park frank at Fenway especially if the Sox are winning and it's not 40 degrees and raining. There's a video of young girl on the internet and it's adorable. She jumps on the vanity and chants into the mirror with excitement everything she loves. "I love my house. I love my dog. I love my....and goes on and on" All I'm saying is it works. Force some excitement and announce what you love and it will jump start your outlook. Be careful though, if you do this in a public place, it may get you an evaluation.

~Happy Valentines Day!~
Stacey Minchello

From Your Mayor

I hope you all had a wonderful holiday season and a happy start to 2015.

We have an exciting lineup of events at the Lynn Auditorium this month. On Feb. 6, Live and Let Die will perform a symphonic tribute to Paul McCartney and the Beatles. On Feb. 12, the State Ballet Theatre of Russia will perform Swan Lake. For information and tickets, please call the Box Office at 781-581-2971.

Throughout the month, we will be celebrating a number of holidays, such as Groundhog Day, Valentine's Day and Presidents Day. In recognition of Valentine's Day, LynnArts will be hosting a month-long exhibit entitled "What's Love Got to Do with It." I hope you are able to spend some time with loved ones, and we can only hope that Punxsutawney Phil does not see his shadow, and we can see an end to this cold, winter weather.

In the event of a snow emergency, information will be posted on the city website and also broadcast on the radio and local cable channels: WESX AM 1230, WBQQ 104.9 FM, Comcast Channel 3, and Verizon Channels 28 and 37. Please be careful and avoid any icy walkways, parking lots and driveways. We will do our best to continue keeping the roadways and sidewalks clear for you.

As always, stay safe and warm as we look forward to spring.

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 781-599-0110 ext. 503
Rosa Paulino-Diaz
Assistant 781-599-0110 ext. 625
Kristi Harris
Assistant 781-599-0110 ext. 618

**Hours of
Operation:**

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

LCOA Board of Directors

Albert DiVirgilio
Arthur Akers
Edmund Brown
Frank LaMacchia
Lester McCLain
Charles Mitchell
Frances Taggart
Pearl Brown
Marlene Vasi Eddy
Minette Lall

President
Clerk

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

FRIENDS of LCOA Executive Board

Joan B. Noble
Linda Rosendahl
Deb Small
Cindy LeBlanc
Virginia Calef

President
Vice-President
Treasurer
Recording Secretary
Membership Secretary

Meets last
Thursday
monthly at 10 am

It's tax time!

Tax Appointments

Sponsored by AARP

February 9th– April 13th

Partnered with AARP, the Lynn Senior Center offers free tax appointments to all registered seniors the Lynn Council on Aging Senior Center. Appointments are 1 hour long on Mondays, 9 am – 12 pm, starting February 9th and ending April 13th. Please be advised that there are three tax advisors so three seniors will have the same appointment time. *Please call Mayra at 781-586-8546 to reserve an appointment.* Expect a questionnaire in the mail that you are to fill out and bring in with you on the date of your appointment. No preparations will be completed without this intake form.

Appointments are first come first serve and do fill up.

FEBRUARY HAPPENINGS

Trip sign-ups begin, Weds, Jan 28th

- Tues, Feb 3 **Hearing Clinic – Fireplace Lounge** 10:00 a.m. – 11:00 p.m.
- Tues, Feb 3 Birthday Karaoke  11:30 a.m. – 1:00 p.m.
- Weds, Feb 4 **Lunch Trip: iHop Restaurant, Salem \$2** 11:00 am – 2:00 pm
- Thurs, Feb 5 **Podiatry Appointments** 10:00 a.m. – 12:00 p.m.
- Fri, Feb 6 **FREE! Dance lessons with Stasi--- new time!** 10:00 am – 11:00 a.m.
- Tues, Feb 10 **Blood Sugar AND Blood Pressure Clinic** 8:00 a.m. – 9:30 a.m.
- Weds, Feb 11 **Free electronic clinic** 12:30 pm – 1:30 pm
- Bring your tablet or cell phone and get assistance from a Fecteau Leary student**
- Thurs, Feb 12 **Valentine’s Day Special Meal & Basket Raffle** 10:45 a.m. – 12:30
- Beef bourguignon, whipped potatoes, broccoli, bread & Valentine’s day dessert.** 

- Thurs, Feb 12 **Happy Hearts Trivia Fun**  **Prizes!** 12 noon–12:30p.m.
- Fri, Feb 13 **FREE! Dance lessons with Stasi--- new time!** 10:00 am – 11:00 a.m.

- Fri, Feb 13**  **Entertainer: Tommy Rull** 
 12 noon – 12:59 p.m. (Bingo to start promptly at 1pm)

Sponsored by the Lynn Cultural Council and The Friends of LCOA

- Mon, Feb 16 **President’s Day** Center is closed
- Thurs, Feb 19 **Lunch Trip: 621 Tavern Malden \$2** 11:00 a.m. – 2:00 p.m.
- Fri, Feb 20 **FREE! Dance lessons with Stasi--- new time!** 10:00 am – 11:00 a.m.
- Fri, Feb 20 **BROWN BAG: BOSTON FOOD BANK** 10:00 a.m. – 12:00 p.m.
- Mon, Feb 23 **Women’s Group Meeting** 10 am – 11 am
- Tues, Feb 24 **Lunch Trip: Wal Mart Salem & Mandarin Buffet \$2** 9:30 am – 1:30 pm
- Weds, Feb 25 **Free electronic clinic** 12:30 pm – 1:30 pm
- Bring your tablet or cell phone and get assistance from a Fecteau Leary student**
- Weds, Feb 25 **Lynn Council on Aging Board of Directors Meeting** 1:30 pm
- Thurs, Feb 26 **FRIENDS of Lynn Council on Aging Meeting** 10 am
- Thurs, Feb 26 **Podiatry Appointments** 10:00 a.m. – 12:00 p.m.
- Fri, Feb 27 **FREE! Dance lessons with Stasi--- new time!** 10:00 am – 11:00 a.m.

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FEBRUARY 2015

MONDAY	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Cheese lasagna/tomato sauce</p> <p>Spinach WW bread Pudding</p> <p>ALTERNATIVE</p> <p>Creole style fish, rice and beans</p>	<p>3</p> <p>Roast pork loin/gravy</p> <p>Whipped potatoes</p> <p>Caesar salad</p> <p>Italian bread</p> <p>Fruit</p> <p>ALTERNATIVE</p> <p>Chili chicken, yellow rice</p>	<p>4</p> <p>New Orleans Cajun chicken</p> <p>Candied yams</p> <p>Broccoli</p> <p>Wheat bread</p> <p>Brownie</p> <p>ALTERNATIVE</p> <p>Curried beef, sweet potato</p>	<p>5</p> <p>Southern baked fish</p> <p>Plantains</p> <p>Garden salad/dressing</p> <p>Italian bread</p> <p>Fruit</p> <p>ALTERNATIVE</p> <p>WG baked pasta/ mozzarella</p>	<p>6</p> <p>Beef stew</p> <p>Beets</p> <p>WW bread</p> <p>Fresh fruit</p> <p>ALTERNATIVE</p> <p>WG cheese pizza</p>
<p>9</p> <p>Roast turkey Florentine</p> <p>Sour cream dill potatoes</p> <p>WW bread</p> <p>Pudding</p> <p>ALTERNATIVE</p> <p>Stewed goat, Rice and beans</p>	<p>10</p> <p>Chicken cacciatore</p> <p>Pasta</p> <p>Spinach salad/dressing</p> <p>Italian bread</p> <p>Fruit</p> <p>ALTERNATIVE</p> <p>Tilapia/tomatilla salsa, Cilantro lime rice</p>	<p>11</p> <p>Latin style pork/gravy</p> <p>Mashed sweet potatoes</p> <p>Capri blend veg.</p> <p>Muffin</p> <p>Fruit</p> <p>ALTERNATIVE</p> <p>Turkey/creole sauce</p> <p>Chipotle sweet potato</p>	<p>12</p> <p>VALENTINE'S DAY SPECIAL</p> <p>Beef bourguignon</p> <p>Whipped potatoes</p> <p>Broccoli</p> <p>WW bread</p> <p>Valentine's Day dessert</p>	<p>13</p> <p>Salmon/dill sauce</p> <p>Yellow rice</p> <p>Cauliflower/red pepper</p> <p>WW bread</p> <p>Fruit</p> <p>ALTERNATIVE</p> <p>Chicken creole</p> <p>Yellow rice</p>
<p>16</p> <p>HOLIDAY</p> <p>NO MEAL SERVICE</p>	<p>17</p> <p>Turkey/mushroom sauce</p> <p>Mashed sweet potato</p> <p>Garden salad/dressing</p> <p>WW bread</p> <p>Fruit</p> <p>ALTERNATIVE</p> <p>Macaroni and cheese</p>	<p>18</p> <p>American chop suey</p> <p>Broccoli</p> <p>Snack loaf</p> <p>Fruit</p> <p>ALTERNATIVE</p> <p>Arroz con pollo(chicken)</p>	<p>19</p> <p>Lemon pepper pork</p> <p>Black eyed peas/ brown rice</p> <p>Spinach salad/dressing</p> <p>WW bread</p> <p>Cookie</p> <p>ALTERNATIVE</p> <p>Caribbean style beef, yuca</p>	<p>20</p> <p>Rosemary chicken</p> <p>Red potatoes</p> <p>Green peas</p> <p>Rye bread</p> <p>Fruit</p> <p>ALTERNATIVE</p> <p>WG cheese pizza</p>
<p>23</p> <p>Crispy baked fish</p> <p>Seasoned potato wedges</p> <p>Italian blend veg.</p> <p>WW bread</p> <p>Pudding</p> <p>ALTERNATIVE</p> <p>Jerk chicken, rice and beans</p>	<p>24</p> <p>Shepherd's pie</p> <p>Caesar salad/dressing</p> <p>WW roll</p> <p>Fruit</p> <p>ALTERNATIVE</p> <p>Latin style pork/gravy</p>	<p>25</p> <p>Roast turkey/gravy</p> <p>Veg. rice pilaf</p> <p>California blend veg.</p> <p>WW bread</p> <p>Cake</p> <p>ALTERNATIVE</p> <p>Southern baked fish, plantains</p>	<p>26</p> <p>Chicken piccata</p> <p>Pasta</p> <p>Garden salad/dressing</p> <p>Italian bread</p> <p>Fruit</p> <p>ALTERNATIVE</p> <p>WG baked pasta/ mozzarella</p>	<p>27</p> <p>BBQ pulled pork</p> <p>Rice and beans</p> <p>Spinach</p> <p>WW bread</p> <p>Fruit</p> <p>ALTERNATIVE</p> <p>WG cheese pizza</p>

ALL MEALS SERVED W/ BREAD AND 1% MILK

Requested Donation is \$2.00 per meal

SENIOR CENTER ACTIVITIES • FEBRUARY 2015

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
SILSBEE STREET		SILSBEE STREET		SILSBEE STREET		SILSBEE STREET		SILSBEE STREET	
9:00 -12	Wii	9:00 -12	Wii	9:00 -12	Wii	9:00 -12	Wii	9:00 -12	Wii
10:45-12:30	LUNCHEON	9:15-10:45	POKENO	9:00 – 1:00	HAIR SALON	9:00-10:30	WATERCOLOR PAINTING	9:30-11:15	TRIVIA PURSUIT TEAM PLAY
12:00-1:00	MEN SPORTS CLUB	10:00-11:30	OIL PAINTING	9:30-11:00	ARTS & CRAFTS	10:00-12:00	KIOSK (IN2L)	9:30-11:00	KNITTING & CONVERSATION
12:30-1:30	COMPUTER TUTORING (SPANISH)	10:00-12:00	KIOSK FOR LIVING WELL (IN2L)	9:30-10:30	BEGINNER'S TAP	10:00-11:00	T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00	FREE DANCE LESSONS
1:00-2:45	BINGO	10:45-12:30	LUNCHEON	10:45-12:30	LUNCHEON	10:45-12:30	LUNCHEON	10:00-11:00	COMPUTER CLASS #1
		12:30-1:30	ESL CLASS	11:30-12:15	EXERCISE CLASS	1:00-3:00	JAPANESE BUNKA EMBROIDERY	10:45-12:30	LUNCHEON
		1:30-2:30	IMMIGRATION INFO	12:30 – 1:30	VIDEO EXERCISE (IN2L)	2:00-3:00	HORSE RACE GAME	11:15-12:15	COMPUTER CLASS #2
		12:30 – 1:30	VIDEO EXERCISE (IN2L)	1:00 – 3:00	MOVIE			11:30-12:15	EXERCISE CLASS
		12:30-2:30	CRIBBAGE	1:00-3:00	'PENNY ANTE' POKER			1:00-2:45	BINGO
		12:00-2:45	POKENO						
		1:30	BILLIARDS CLUB						
		2:00-3:00	GAMERS GROUP						

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CASINO TRIPS

Departs from Lynn
 Senior Center

Foxwoods \$27

7 am - 6:30 pm

Tuesdays: April 14, May 12,
 June 9, Aug. 11, Oct. 13 &
 Nov. 10

Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip. Sign up in person at the senior center. OR Mail in your registration and check.

*Bonus package:
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 Remember to bring your rewards card!*

Casino Trips from Revere

Mohegan Sun \$27 plus tip

10 am depart Revere 6:30pm depart casino

Feb 3 & 17,
 Mar 3 & 17,
 Apr 14 & 28,
 May 12 & 26,
 Jun 9 & 23



Twin River \$27 plus tip

10 am depart Revere 6:30pm depart casino

Feb 12 & 26,
 Mar 12 & 26,
 Apr 9 & 23,
 May 7 & 21, Jun 11 & 25



Casino Trips from **REVERE!**

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 Call Elaine at 781-289-6144
 for reservation, questions, and
 pick up location/parking.**

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

**Free Popcorn and Soda
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Feb 4 th	Hachi: A Dog's Tale	G	2009	93 min
Feb 11 th	The Hundred-Foot Journey	PG	2014	122 min
Feb 18 th	From Here to Eternity	NR	1953	118 min
Feb 25 th	Every Time We Say Goodbye	PG-13	1986	98 min



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.



COMPUTER CLASS NOTICE

We regret to inform you that we actively recruiting new computer instructors and will keep you posted as to when the next round of classes will start.

Say it Ain't Snow!

We urge you to stay home during inclement weather. Please understand we will do our best if we know ahead of time to notify you if a trip is cancelled. Snowbirds- If you know you are going to warmer climates, temporarily de-active the mailing of your newsletter, please and thank you.

City's Voice Comcast Channel 3

The "City's Voice" is a weekly live call-in show featuring City officials, agencies, community service providers and more. The public is allowed to call in and ask questions relevant to the topic & guest(s) of the program. Hosts: Paul Crowley, Joe Spina, and Al DiVirgilio Missed it? Repeated showings Wednesdays at 10pm and Fridays at 10pm

Live: Wednesdays 7pm
Verizon Channel 38



The Kiosk for Living Well

The Kiosk for Living Well is a happy antidote to the doldrums of winter! **Come check out the Kiosk every Tuesday and Thursday from 10:00 to Noon.** Take a virtual bike ride to a sunny place or bring your health and wellness questions to the Million Hearts nurse on Tuesday January 10 or Thursday January 26 between 10-Noon. Our Falls Prevention specialist will also be at the Kiosk on Thursday February 5th from 10:00-Noon. The Kiosk is open every Thursday from 12:00 - 3:00.

Supervised Kiosk exercise classes also take place every Tuesday and Wednesday from 12:30 to 1:30. Stop by!

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Place Your Ad

Wellness Watch February 2015

February is heart health month, and to celebrate we are giving you some heart healthy tips! There are many factors that contribute to heart health. Some cannot be change, but there are many habits that can be adapted in order to increase heart health. Some of these habits include a healthy diet, staying active, avoiding smoking and stress management.

A balanced diet is vital for total body health. Vegetables and fruits should be a large part of one's diet to ensure a healthy heart. Choosing many different kinds of fruits and vegetables will help get all the necessary vitamins that the body needs to maintain quality function. These foods should be eaten at each meal and even at snack times. Cut up fruit or vegetables make great snacks and can be easy, cheap and healthy. Fresh, frozen or canned fruits and vegetables are all great options to have in your diet.

Sodium or salt is a very important nutrient to be cautious of when watching heart health. Americans eat more than double the daily amount of sodium recommended by the American Heart Association. Cutting down on sodium slowly will allow your taste buds to slowly get used to foods and their natural flavor. After a while as the taste buds adjust, one might not even need to add salt. Choosing raw whole foods to eat and cook with, as opposed to processed foods, will help reduce the amount of sodium intake in your diet. The American heart association has put their label on many foods that are considered heart healthy. Use the label as a tool while grocery shopping to help find the right foods for your heart.

Staying active is a great way to help your heart stay healthy. Almost 40% of people over the age of 55 report no leisure-time physical activity, but the older people become the more they need regular exercise. Any kind of physical activity will get your heart pumping blood through the body which helps it to stay strong. There are numerous benefits of exercise that help your overall health and can help prevent disease. It also helps prevent bone loss which reduces the risk of fracture. Physical activity increases muscle strength with helps with balance and coordination, which can reduce falls that lead to hospitalization. Increased levels of physical activity have been proven to reduce incidence of coronary heart disease, hypertension, type 2 diabetes, colon cancer, depression and anxiety. Exercise does not need to be for long periods of time or extremely intense for a person to receive the benefits. It is recommended to find an activity that is best for you and that you enjoy. Start out slow and at a low intensity and try to build up to 30 minutes of activity every day.

Smoking is the most important preventable cause of premature death in the United States. Smokers have a higher risk of developing many chronic disorders including atherosclerosis- the buildup of fatty substances in the arteries which can lead to coronary heart disease and stroke. Smoking decreases your tolerance for physical activity and increases the tendency for blood to clot. It also decreases the good cholesterol in your body. Inhaling cigarette smoke produces several effects that damage the blood system and can lead to a stroke. No matter what point one is in their health or smoking habits, stopping now can make a difference. Heart disease can be prevented or controlled and quitting smoking will increase the chance of healing greatly.

Stress management is very important for the heart. Stress can increase blood pressure and make the heart work at a higher rate. If the body continues to put high demands on the heart it can lead to a heart attack. Some ways to help stress are positive self-talk and relaxation. Using positive self-talk can help a person calm down and control stress. With practice one can turn negative thoughts into positive ones. Encouraging oneself through difficult situations will help with self-understanding and self-efficacy. Relaxation is another way to relieve stress. It is more than just sitting or watching TV. Relaxation can occur through deep breathing and imagery. Taking five to ten minutes each day to set aside all the stress of the day can lead to a healthier heart.

Habits can be very hard to change, but trying any one of the mentioned habits can make a big difference in the long run. It also takes time and patience, because none of these habits can be changed overnight. They all take practice and support through family and friends. For more information talk to your doctor or visit www.heart.org.

Kelsey Spotts, Healthy Living Program Community Coordinator

Valentine's Day

P I H S D N E I R F D I P U C A L
 V D H S U R C A C F B A L E N D O
 N Y N T I A E A S O L C T O Y M V
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 DEVOTION
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GLSS Healthy Initiatives

“MY LIFE, MY HEALTH”

6 week chronic disease management workshop with practical strategies to living more active.

St Stephens Tower Apartments

25 Pleasant Street, Lynn, MA

Wednesdays

February 25 - April 1

1:00 pm - 3:30 pm

Refreshments will be provided

“A MATTER OF BALANCE”

A strength and mobility workshop to reduce the fear of falling .

Kings Beach Tower’s Apartments

130 Eastern Avenue, Lynn, MA

Tuesdays

February 24 - April 14

2:00 pm - 4:00 pm

Refreshments will be provided

FOR MORE INFORMATION OF TO REGISTER, CONTACT:

Kelsey Spotts

781-586-8530



Veterans to Washington D.C.

Greater Lynn Senior Services and the Lynn Council on Aging have joined forces with local Veteran Service Offices and are planning a journey to Washington D.C. . The trip is planned for September 27th – September 30, 2015. We will travel by luxury coach tour bus spending four days and three nights with an itinerary that includes visiting the White House, the Capitol, and the Arlington National Cemetery and War Memorials. This tour package includes most meals, overnight stay, sightseeing tours and transportation plus gratuity for the price of \$250 per person. WWII Veterans take priority on the passenger roster. Medical releases to travel will be required. Veterans in need of assistance will be allowed to bring companions with prior approval at the same cost per person. Veterans will be required to provide a DD form 214. Companions must pass a background check.

If you are interested in donating to help assist Veterans on this journey, or specifically sponsor a veteran, please call Maureen Teal, project manager at 781-599-0110. If you are a veteran interested in joining us on the trip, call Mayra at 781-586-8546.



IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~Dr. Harvey Berger

Thank you for your donation
~Sophie Karampoulis

To Rosa and Kristi, in appreciation of
their hard work and help.
~Kiki & Inky Chaiton

Thank you for your donation.
~Bob Gallucci

Thank you for your donation
with GE matching funds.



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

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 \$ _____

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Hair Salon

SOPHIE'S SALON

WEDNESDAYS
9:00 AM—1:00 PM

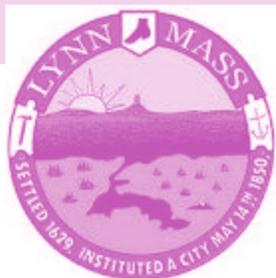
WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS
9:30 AM—11:30 AM

Capture the Pride!



WELLNESS OFFERINGS

BLOOD SUGAR & BLOOD PRESSURE

February 10th

8:00 am—9:30 am *note time change*

Nurse available for any health questions.



PODIATRIST

February 5th & 26th



10:00 am—12:00 pm

Call for appointment. Bring Insurance Card

HEARING CLINIC

February 3rd



10:00 am—11:00 am

MASSAGE THERAPY

1:00 pm—3:00 pm



Call for an appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

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

RETURN SERVICE REQUESTED

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