

# LYNN COUNCIL ON AGING SENIOR CENTER



June  
2016

Lynn Council on  
Aging

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

## From the Director's Desk

My father worked hard at his job and in the home. His golden rule was, "just don't upset your mother." We were good kids, but Mom had the burden of disciplining us. One day she says.... "You just wait till your father gets home..."

Dad: "What's going on now? Somebody better tell me what's going in in here! Who did this? Don't test me. What's wrong with you? You're crazy if you think I'm going to believe that. I've never seen a kid act like this. Do you pull this stuff outside the home? No wonder you're mother's crazy all the time. You think money grows on trees? I work to put a roof over your head, food on the table and those sneakers on your feet. I'm your father and as long as you live in my house you abide by my rules. They're my rules and if you think they don't apply to you, well they do! Get that chip off your shoulder and smarten up! Sit up, don't slouch. You're cruising for a bruising! What's for supper? If they jumped off a cliff, would you jump off a cliff? Take some responsibility, pull your own weight. Stop expecting others to wipe up after you. You better wake up and I don't mean maybe. I mean right now! Of course, I know what I'm doing! How could you do this to your mother? Don't look at me that way! Look at me when I'm talking to you! Don't make me get out of this chair! Am I making myself clear?"

**You are so grounded!** Who!? Is standing behind me?

Answer: Mom

Happy Father's Day!

~Stacey Minchello

## From Your Mayor

As we approach the end of another school year, I look forward to celebrating graduation with our city's high school seniors, and I wish them the best of the luck as they move on to college or the workforce. For those of you with grandchildren or relatives in the Class of 2016, I hope you can join them and share in this joyful occasion.

With the warmer weather moving in, our thoughts are quickly turning to summer. On July 3, we will again be joining Swampscott to host the fireworks display at Red Rock Park. In the coming weeks, we will be hosting a series of fundraisers—including a golf tournament on June 24 at Gannon—to subsidize our share of the cost.

This is always a wonderful time of year to visit our parks and beaches, as well as our hidden gems such as High Rock Tower, the GAR Building or the Pine Grove Cemetery. On June 26, landscape architect Elena Saporta will lead a walk through the cemetery's garden in bloom, pointing out original Victorian plantings and new additions.

At the Lynn Auditorium, the Happy Together Tour—starring The Turtles, Chuck Negron, Mark Lindsay, Gary Puckett & The Union Gap, The Cowsills and The Spencer Davis Group—will take the stage on June 25. For information and tickets, please call the Box Office at 781-581-2971.

Finally, as we celebrate Father's Day and Flag Day this month, it is a perfect time to reflect on how fortunate we are to live in the city and this country, surrounded by loved ones. It is a time to thank all of our dedicated veterans for their years of service and a time to remind all of our fathers and grandfathers how much they are appreciated.

Best wishes for a safe, enjoyable and warm summer.  
Mayor Judith Flanagan Kennedy

  
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**Lynn Council on Aging Senior Center**

|  |   |  |
|--|---|--|
| <p><b>Publication funded by:</b></p> <p>Executive Office of Elder Affairs &amp; City of Lynn</p> | <p><b>Meet the Staff:</b></p> <p>Stacey Minchello<br/>Director 781-599-0110 ext. 503</p> <p>Rosa Paulino-Diaz<br/>Activities Assistant ext. 625</p> <p>Pam Brito<br/>Program Coordinator ext. 618</p> | <p><b>Hours of Operation:</b></p> <p>Monday thru Friday<br/>8 a.m. to 4 p.m.</p> |
|--|---|--|

**LCOA Board of Directors**

|   |                            |  |
|---|----------------------------|--|
| <p>Albert DiVirgilio<br/>Arthur Akers<br/>Edmund Brown<br/>Frank LaMacchia<br/>Lester McCLain<br/>Charles Mitchell<br/>Frances Taggart<br/>Pearl Brown<br/>Marlene Vasi Eddy<br/>Minette Lall</p> | <p>President<br/>Clerk</p> | <p>Meets 4th<br/>Wednesday<br/>monthly at<br/>11:30 a.m.</p> |
|---|----------------------------|--|

**FRIENDS of LCOA Executive Board**

|  |  |  |
|--|--|--|
| <p>Joan B. Noble<br/>Marie Pelligrini<br/>Deb Small<br/>George Harvey<br/>Roberta Abrams</p> | <p>President<br/>Vice President<br/>Treasurer<br/>Recording Secretary<br/>Membership Secretary</p> | <p>Next FRIENDS<br/>Meeting,<br/>June 23<sup>rd</sup> @ 10am</p> |
|--|--|--|

**FRIENDS MEETINGS**

FRIENDS MEETINGS: 10 am - First Floor Board Room  
June 23rd

Considering joining the FRIENDS? Come visit us and see what we're all about! ... Friendship first, friendly smiles making smiles and raising funds for our senior center.

**JUNE HAPPENINGS**



- Thurs, June 2nd Meet and Greet! Lynn's Baseball team, the North Shore Navigators!  
Photo opps, meet the players 11:30 am  
Free tickets to Home Opener- (while supplies last)
- Thurs, June 2nd Veterans Coffee Hour with Tom Moran 1:00 pm – 2:00 pm  
Resource Library
- Tues, June 7th Birthday Party Karaoke! 11:30 am – 1:00 pm
- Weds, June 8<sup>th</sup> LUAU PARTY Entertainer: Jim Moses 11:00 am – 12:30pm
- Thurs, June 9th Podiatry Appointments 10 am – 12 pm
- Thurs, June 9th Ice Cream Social! Friends of LCOA \$2.25 1pm
- Mon, June 13th Field Trip: Castle Island 9:30 am - 2:30 pm
- Tues, June 14th Blood Sugar AND Blood Pressure Clinic 8 am – 9:30 am  
Lg Activity Room
- Tues, June 14th Field Trip: Richardson's Ice cream \$2 11:30 am – 1:30 pm
- Weds, June 15th Mass Senior Action Meeting Wall Plaza 10 am
- Thurs, June 16th Friends of the Lynn Council on Aging meeting 10 am
- Fri, June 17th BROWN BAG Program sponsored by the BOSTON FOOD BANK 10 am – 12pm
- Tues, June 21<sup>st</sup> Mohegan Sun Casino Trip \$28 (pre-paid reservation required)  
6:30 am – 6:30pm  
\*\*\*\*PLEASE NOTE 6:30 AM departure not 7 am\*\*\*\*
- Weds, June 22nd Lynn Council on Aging Board of Directors Meeting 11:30 am
- Mon, June 27th Morning Shopping Trip: Target & Ocean State Job Lots \$2 8:30 am – 12pm
- Thurs, June 30th Field Trip: Castle Island 9:30 am - 2:30 pm

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# JUNE 2016

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|--|--|
| <p>NUMBERS IN ( ) ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, AND DESSERT.</p>   | <p>ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM (more than 500MG). MEALS MARKED WITH ** ARE HIGH SODIUM (more than 1200 mg PER MEAL.</p>   | <p style="text-align: center;">1</p> <p>Chicken teriyaki(252)<br/>Brown rice(7)<br/>Calories(670) Sodium(632)<br/>ALTERNATIVE<br/>Turkey creole(571)*<br/>Calories-610 Sodium-951</p>                                 | <p style="text-align: center;">2</p> <p>Meatloaf/gravy(278)<br/>Mashed potato(198)Salad (50)<br/>Calories(700) Sodium(710)<br/>ALTERNATIVE<br/>Cerdo asado(pork)-(70)<br/>Calories-698 Sodium-500</p>                              | <p style="text-align: center;">3</p> <p>Turkey Milanese(499)<br/>Veg. rice pilaf(13)<br/>Calories(744)Sodium1126<br/>ALTERNATIVE<br/>Crispy fish(220)<br/>Calories-777 Sodium-847</p>                        |
| <p style="text-align: center;">6</p> <p>Lasagna/tomato sauce(411)<br/>Spinach(154)<br/>Calories-670 Sodium-1075<br/>ALTERNATIVE<br/>Egg/ cheese sandwich(570)*<br/>Potato wedges(14)<br/>Calories-620 Sodium-1049</p>                 | <p style="text-align: center;">7</p> <p>Roast pork/gravy(70)<br/>Salad/dr. (50) Baked beans (140)<br/>Calories-683 Sodium-630<br/>ALTERNATIVE<br/>Baked tomato chili chicken (377)<br/>Yellow rice(6)<br/>Calories-652 Sodium-803</p> | <p style="text-align: center;">8</p> <p>BBQ chicken(370)<br/>Candied yams(26)<br/>Calories-686 Sodium-708<br/>ALTERNATIVE<br/>Tilapia/tomatilla salsa(244)<br/>Yams(26) Mixed veg(15)<br/>Calories-645 Sodium-632</p> | <p style="text-align: center;">9</p> <p>WG baked pasta/cheese (590)*<br/>Salad/dressing(50)<br/>Calories-740 Sodium-830<br/>ALTERNATIVE<br/>Pork chops/gravy(55)<br/>Salad(50) Plantains(16)<br/>Calories-761 Sodium-334</p>       | <p style="text-align: center;">10</p> <p>Hamburger/roll(470)<br/>Potato wedges(14)<br/>Calories-766 Sodium-680<br/>ALTERNATIVE<br/>Caribbean chicken(122)<br/>Green beans(4)<br/>Calories-740 Sodium-726</p> |
| <p style="text-align: center;">13</p> <p>Chicken picatta(558)*<br/>Mashed potatoes(198)<br/>Calories(735)Sodium(1261)<br/>**<br/>ALTERNATIVE<br/>Stewed beef(134)<br/>Calories-732 Sodium-837</p>                                     | <p style="text-align: center;">14</p> <p>Meatballs/marinara/pasta (313)<br/>Salad/dressing(50)<br/>Calories-(723) Sodium(900)<br/>ALTERNATIVE<br/>Cumin pork(255),rice/beans (48)<br/>Calories-719 Sodium-687</p>                     | <p style="text-align: center;">15</p> <p>Shepherd's pie(170)<br/>California blend veg(23)<br/>Calories-(640) Sodium-(410)<br/>ALTERNATIVE<br/>Roast turkey/gravy(395)<br/>Calories-600 Sodium-650</p>                 | <p style="text-align: center;">16</p> <p><u>FATHER'S DAY SPECIAL</u><br/>Chicken sausage/sub roll Peppers &amp; onions<br/>Seasoned potato wedges<br/>Chocolate chip cookie<br/>Calories-713 Sodium-1400**</p>                     | <p style="text-align: center;">17</p> <p>Salmon/dill sauce(260)<br/>Yellow rice(6)<br/>Calories- 610 Sodium-600<br/>ALTERNATIVE<br/>WG baked pasta(590)*<br/>Calories-743 Sodium-925</p>                     |
| <p style="text-align: center;">20</p> <p>Hamburger/roll/ketchup (470)<br/>Potato wedges(14)<br/>Calories(780) Sodium(700)<br/>ALTERNATIVE<br/>Veggie burger/roll(480)<br/>Calories-675 Sodium-734</p>                                 | <p style="text-align: center;">21</p> <p>BBQ pulled pork(407)<br/>Beans/rice(48) Salad(50)<br/>Calories-782 Sodium-800<br/>ALTERNATIVE<br/>Breaded fish/tartar sauce (314)<br/>Calories-789 Sodium-706</p>                            | <p style="text-align: center;">22</p> <p>Tortellini/meat sauce(362)<br/>Capri blend veg.(15)<br/>Calories-630 Sodium-675<br/>ALTERNATIVE<br/>Arroz con pollo(128)<br/>Calories-665 Sodium-442</p>                     | <p style="text-align: center;">23</p> <p>Beef tips/peppers/onions (490)<br/>Yucca(80) Salad/dr(50)<br/>Calories-730 Sodium-800<br/>ALTERNATIVE<br/>Stuffed rigatoni(398)<br/>Calories-753 Sodium-857</p>                           | <p style="text-align: center;">24</p> <p>Chicken picatta(558)*<br/>Rice and beans(48)<br/>Calories-845 Sodium-1149<br/>ALTERNATIVE<br/>Crispy fish(220)potato(14)<br/>Calories-767 Sodium-776</p>            |
| <p style="text-align: center;">27</p> <p>Rosemary chicken(349)<br/>Sweet potato wedges(160)<br/>Calories-732 Sodium-1104<br/>ALTERNATIVE<br/>Egg/ cheese sandwich(570)*<br/>Sweet potato wedges(160)<br/>Calories-800 Sodium-1178</p> | <p style="text-align: center;">28</p> <p>Beef hotdog/roll(720)*<br/>Baked beans(140)<br/>Calories-750 Sodium-1090<br/>ALTERNATIVE<br/>Eggplant parm/pasta(709)*<br/>WG pasta(2)<br/>Calories-726 Sodium-999</p>                       | <p style="text-align: center;">29</p> <p>Shepherd's pie(170)<br/>California blend veg.(23)<br/>Calories-713 Sodium-782<br/>ALTERNATIVE<br/>Turkey creole(571)*<br/>Brown rice(7)<br/>Calories-600 Sodium-1192</p>     | <p style="text-align: center;">30</p> <p>Meatloaf/brown gravy(278)<br/>Veg.rice pilaf(13) Salad(50)<br/>Calories-724 Sodium-516<br/>ALTERNATIVE<br/>Cerdo asado(pork)-(70)<br/>Veg. rice pilaf(13)<br/>Calories-736 Sodium-340</p> | <p style="text-align: center;">MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>   |

# SENIOR CENTER ACTIVITIES • JUNE 2016

| MONDAY                                 | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| SILSBEE STREET<br>9:00 -12 Wii         | SILSBEE STREET<br>9:00 -12 Wii   | SILSBEE STREET<br>9:00 -12 Wii                     | SILSBEE STREET<br>9:00 -12 Wii  | SILSBEE STREET<br>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 TEAMPLAY                 |
| 12:00-1:00 MEN SPORT'S 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)<br>10:45-12:30 LUNCHEON                         | 9:30-10:30 BEGINNER'S TAP                          | 10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)<br>10:45-12:30 LUNCHEON | 10:00-11:00 FREE DANCE LESSONS                     |
| 1:00-2:45 BINGO                        | 12:30-1:30 ESL CLASS<br>1:30-2:30 IMMIGRATION INFO<br>12:30 - 1:30 VIDEO EXERCISE (IN2L) | 10:45-12:30 LUNCHEON<br>11:30-12:15 EXERCISE CLASS | 10:30-12:00 ACRYLIC PAINTING  | 10:45-12:30 LUNCHEON<br>11:30-12:15 EXERCISE CLASS |
|  | 12:30-2:30 CRIBBAGE  | 12:30 - 1:30 VIDEO EXERCISE (IN2L)                 | 12:30-2:30 JAPANESE BUNKA EMBROIDERY                                    | 1:00-2:45 BINGO                                    |
|  | 12:00-2:45 POKENO  | 1:00 - 3:00 MOVIE                                  | 1:00 FREE ZUMBA CLASS   |  |
|  | 1:30 BILLIARDS CLUB  | 1:00-3:00 'PENNY ANTE' POKER                       | 2:00-3:00 HORSE RACE GAME   |  |
|  | 2:00-3:00 GAMERS GROUP   |  |   |  |

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- ☛ Close to stores, banks, senior center
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**CASINO TRIPS**

**Departs from Lynn Senior Center**

**Foxwoods Casino \$28**  
 6:30 a.m. – 6:30 p.m.

**Mohegan Sun \$28**  
 6:30 a.m. – 6:30 p.m.

**Plainridge Casino \$20**  
 8:30 am - 5:30 pm

Tues, August 16th  
 Tues, Oct 18<sup>th</sup>  
 Tues, Nov 15<sup>th</sup>

Tues, June 21st

Tues, July 19th  
 Weds, Sept 21<sup>st</sup>

\$10 Free Slot Play

Free buffet or \$15 food voucher  
 and \$10 free bet

\$15 Free slot play and if  
 you're a new rewards mem-  
 ber, you receive a U-Spin for  
 a chance to win \$5 - \$500.

\$10 Food coupon or free  
 meal at the buffet

\*\*PLEASE NOTE EARLIER  
 DEPARTURE TIME IS AN  
 ATTEMPT TO BEAT BOSTON  
 TRAFFIC\*\*

Limited seating

Pre-paid reservation required

Must have 40 reservations by  
 July 9<sup>th</sup>.

Leave Lynn Senior Center  
 promptly at 8:30 am and  
 leave casino promptly at 3:45  
 pm



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

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

|                       |                  |      |       |          |
|-----------------------|------------------|------|-------|----------|
| June 1 <sup>st</sup>  | Brooklyn         | 2015 | PG-13 | 111 mins |
| June 8 <sup>th</sup>  | Bringing Up Baby | 1938 | NR    | 102 mins |
| June 15 <sup>th</sup> | Concussion       | 2015 | PG-13 | 123 mins |
| June 22 <sup>nd</sup> | Key Largo        | 1948 | NR    | 101 mins |
| June 29 <sup>th</sup> | Moonstruck       | 1994 | PG    | 108 mins |



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.



## Opening for a VOLUNTEER DRIVER

Love to Drive? Enjoy socializing? Looking to get out more?  
 We're looking for a volunteer driver to drive our seniors on field trips or lunch trips. Most trips are morning to mid afternoon. A few times a year we do special night trips. We provide easy safety training. You must have a clean CORI and decent driving record. What do you get besides time with us? Lunch!  
*If interested, or have any questions, please call Pam at 781-586-8618.*

## Benefit Help

Safelink/Assurance Cell phone Assistance Office Hours  
 Mondays 12:30 pm – 1:30 pm  
 Resource Library

Food Stamp/SNAP Assistance OFFICE Hours  
 Tuesdays 12:30 pm – 2:30 pm  
 Resource Library  
 Applications, renewals and updates

## Like us on Facebook!

[WWW.FACEBOOK.Com/LYNNSENIORCENTER](http://WWW.FACEBOOK.Com/LYNNSENIORCENTER)

Tired of waiting for the mail?  
 Monthly newsletters are posted online at [www.ci.lynn.ma.us](http://www.ci.lynn.ma.us)  
 Click City Hall  
 Click City Departments  
 Click Council on Aging  
 Click Our Newsletters  
 Click month you want to view



## FREE Carbon Monoxide Detectors

Free carbon monoxide detectors to Lynn Home Owners, 60 and over...

- Make sure your smoke and CO2 detectors are on every level including outside the bedrooms and are working properly. Test monthly and replace the batteries twice a year.
- Have your furnaces and chimneys professionally cleaned annually.
- Keep anything that can burn 3 feet away from your fireplace or heater.
- Do not use a space heater as your #1 heating source.
- Avoid extension cords with space heaters.
- Turn off when leaving your home or going to bed.
- Buy a space heater that has a timer function and kill switch if tipped.
- Portable kerosene heaters are illegal in MA to use in your home.
- Never use the gas stove or oven as a heat source.
- Keep appliance vents and exhaust pipes clear of bushes and snow drifts.



*Call Mayra and have your name and info added to a list for a home visit.*

Sponsored by the Lynn Fire Department.



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# Place Your Ad

## Wellness Watch June 2016

### Are You a Cancer Survivor?

#### CANCER: THRIVING AND SURVIVING CAN HELP

The GLSS Wellness Programs is celebrating National Cancer Survivor Day by spreading the word about our new workshop.

#### OUR WORKSHOP CAN HELP YOU TAKE CONTROL AND START LIVING AGAIN!

Finishing treatment can be an exciting, yet stressful time. In just 6 weekly meetings, our workshop is proven to help cancer survivors live more active, fulfilling lives

#### MEET NEW PEOPLE LIKE YOU!

Our small, supportive classes encourage new friendships with people who understand how you feel and will celebrate your successes. Share what you know and learn from others who are living with similar challenges.

#### KNOWLEDGE IS POWER!

You'll learn practical strategies for making a smooth transition from clinical treatment to survivorship.

#### FOR MORE INFORMATION CONTACT:

Kelsey Spotts // 781-586-8530  
kspotts@glss.net

## The Kiosk for Living Well

We want you to experience the best of the Kiosk whenever possible! Find your childhood home on Google Earth, work on puzzles *you've* created, and check out some of the new games!

You can also meet with The **Million Hearts Nurse** on **Tuesday June 14<sup>th</sup>** and **Thursday June 23<sup>rd</sup>** anytime between **10:00 and Noon**. Our nurse speaks with Kiosk visitors confidentially and is able to offer great tips for heart health tailored to your medical profile.

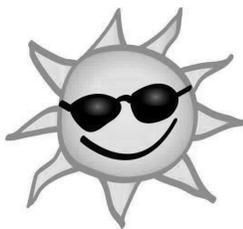
Sylvia, our **Move Safe Counselor** works with Kiosk visitors around balance and fall prevention and can assess your strengths and weakness. She'll be at the Kiosk on **Thursday June 2<sup>nd</sup>** from **10:00-12:00**.

**The Kiosk is open every Tuesday and Thursday from 10:00 – Noon.**  
**Kiosk Exercise classes also take place every Tuesday and Wednesday from 12:30 to 1:30.**

Come and shake it up in June with us!

# JUNE

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



June

camp  
desert  
family  
hike  
June  
lake  
mountain  
picnic

play  
relax  
sea  
summer  
sun  
swim  
travel  
vacation

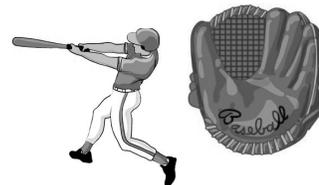


## Mark Your Calendars!

**JUNE 2nd 11:30 am North Shore Navigators SEND OFF- from the Lynn Senior Center! Meet and greet the team- photo opps. Wish them luck as they head to their Opening Day away vs. Martha's Vineyard Sharks for their first game of the season! GO NAVS!**

Facebook.com/nsnavs

**FREE PASSES AVAILABLE while supplies last for OPENING DAY at Frasier Field, Lynn, Sat. June 4th**



## LCOA Annual Independence Day BBQ

*Lynn Council on Aging ~Annual Independence Day BBQ Celebration*

**WEDS, JULY 6<sup>th</sup>**

**11 am – 2pm**

**\$3 per person**



**\*Meal service starts promptly at 11 am and ends at 12pm\***

**Advance ticket sales start June 3<sup>rd</sup> at 8 am**

**Senior center scan card required.**

**Sponsored by the FRIENDS of the LCOA**

**50/50 Raffle! Winner pulled at 1:00 p.m. Live Entertainment "Four Guys in Tuxes"**

**RIDE travelers: Schedule your ride home for 2pm**



## Thank you Abbott House

**\*Thank you to Abbott House for your generosity in providing the ice cream sandwiches for our cookout! Abbott House is a skilled nursing home located at 28 Essex Street in Lynn. Abbott is a Bane Care property and has been serving Lynn since 1963. Congratulations on their recent deficiency free survey!**

## RAFFLE! RAFFLE! RAFFLE!

**\$5 per ticket**

**First prize: Apple mini ipad**

**Second Prize: \$100**

**Third Prize: \$50**

**Winners pulled: September 22<sup>nd</sup> 1pm**

**Proceeds benefit the FRIENDS of the LCOA**

**IN LOVING MEMORY**

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

Thank you for your donation  
~ Sophie Karoumpalis

In loving memory of Louise Mitchell  
~ Charles Mitchell



**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 \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

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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

# WELLNESS OFFERINGS

## VETERANS COFFEE HOUR

June 2nd  
1:00 pm - 2:00 pm



## PODIATRIST



June 9th  
10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

## BLOOD SUGAR & BLOOD PRESSURE

June 14th  
8:00 am - 9:30 am \*note time change\*  
Nurse available for any health questions.



## HEARING CLINIC



June 7th  
10:00 am - 11:00 am

Please note that the hearing clinic is now every other month.

## MASSAGE THERAPY

1:00 pm - 3:00 pm  
Call for appointment.



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