

# LYNN COUNCIL ON AGING SENIOR CENTER



**April  
2017**

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

## From the Director's Desk

This is the year! Cross your fingers our TVs are back up on the walls for the Opener at Fenway Park, **April 3rd**. So many people have stopped and asked what we were going to do if the TVs weren't back in the center in time. Well, that's a hard one! You know we were not cancelling Bingo. We'd have to watch the baby giraffe birth or another zoo cam live in the computer room.

Join us for a free comedy show brought to you by the Lynn Cultural Council on Tues, **April 11<sup>th</sup>**. "An Accidental Wedding"- A hilarious encounter with a wouldn't-be groom, an irate match maker and a tall tale like they write tall tales about. We also are announcing a Mayor's Prom sponsored by Life Care of the North Shore. The date of the prom is **May 25<sup>th</sup>**. Tickets are first come first serve. Must be a senior center member, \$5 per ticket- sit down meal with the one and only Senior Tones performing! Sign up early for the Tall Ships excursion scheduled **June 21<sup>st</sup>**. This one will book fast! Our annual Independence Day BBQ is Mon, **July 3<sup>rd</sup>**. These are just some quick highlights. More plans are in process- a Sox game, summer day trips, etc. Share your ideas and let's see where we go!

**Happy Spring!**



~Stacey Minchello

## From Your Mayor

As the days become longer and warmer, I hope you are enjoying this transition to spring. We certainly had a bit of a surprise with the mid-March snow storm, but it is refreshing nonetheless to see the snow melting away.

We have a busy month ahead, particularly at the Lynn Auditorium, starting with Rain, a tribute to the Beatles, on April 14. I'm also very excited to welcome Barry Goudreau, one of the original guitarists for the rock band Boston, who will be performing on April 22 with his new band, Engine Room, which also includes Lynn native Brian Maes. Closing out the month will be a performance by Beach Boys' co-founder Brian Wilson, who has been on tour marking the album "Pet Sounds" 50<sup>th</sup> anniversary. For tickets or more information, please visit [www.lynnauditorium.com](http://www.lynnauditorium.com) or call the box office at 781-581-2971.

It was my pleasure to witness the swearing-in of Michael Mageary as the new chief of the Lynn Police Department in March. He's so deserving of the promotion to the top position in the department, and I wish him all the best.

It was also wonderful to see Margaret Connelly informally honored last month as the oldest living City Hall retiree. A lifelong Lynn resident, Margaret had a 48-year career with the Department of Public Works, retiring in 1990 as the senior clerk of the DPW.

For all of you observing Easter or Passover this month, I hope you are surrounded by loved ones during this special season.

Happy Spring.  
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  
 Activities Assistant ext. 625  
 Pam Brito  
 Program Coordinator ext. 618

Hours of Operation:

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

### LCOA Board of Directors

**Albert DiVirgilio** President  
**Arthur Akers** Clerk  
**Edmund Brown** Vice President  
**Frank LaMacchia**  
**Lester McCLain**  
**Charles Mitchell**  
**Frances Taggart**  
**Pam Edwards**  
**Pearl Brown** Joseph Bryson  
**Marlene Vasi Eddy**  
**Minette Lall**

Meets 4th Wednesday monthly at 11:30 a.m.

### FRIENDS of LCOA Executive Board

**Joan B. Noble** President  
**Ann Breen** Vice President  
**Deb Small** Treasurer  
**George Harvey** Recording Secretary  
**Roberta Abrams** Membership Secretary

Next FRIENDS Meeting, Apr. 27<sup>th</sup> @ 10am

### 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



### 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 Nancy Folan

~Joan Bentley & Neale Rich

In loving memory of Nancy Folan

~Katherine Brinkler Veilleux

~Christine Brinkler

~Donna Brinkler Amico

~Kevin Brikler

In loving memory of Nancy Folan

~Claudette & Dick Donnelly

In loving memory of Nancy Folan

~Ann & Ronald Malloy

Thanks for your donation

~M.J.



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

Person's Name: \_\_\_\_\_

Send card to: \_\_\_\_\_

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**CASINO TRIPS**

**Departs from Lynn Senior Center**

**Foxwoods Casino \$29**  
 6:30 a.m. – 6:30 p.m.

Tues, May 16<sup>th</sup>  
 Tues, June 20<sup>th</sup>

\$10 Free Slot Play  
 \$10 Food coupon or free meal at the buffet

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



**Mohegan Sun Casino \$29**  
 6:30 a.m. – 6:30 p.m.

Tues, April 18<sup>th</sup>

Leave Lynn Senior Center promptly at 8:30  
 am and leave casino promptly at 4pm

Package TBD



**Go Sox!**

Celebrate with us at the senior center  
**OPENING DAY FENWAY PARK**  
**Monday, April 3rd**

**YOUR  
 AD  
 HERE  
  
 CALL  
 TODAY**

10:45 am—12:30 pm **\$2.50** Hot Dog, Soda, Chips, and Ice cream  
 Buy your special ticket starting at 9:30 am  
 Brought to you by the FRIENDS of LCOA

**50/50 Raffle** \$1 per chance or 6 for \$5  
 Proceeds to support the Jimmy Fund

**Show your support!** Buy a Sox and hang in the center \$1  
 Proceeds to support the Jimmy Fund

**Red Sox Raffle** \$1 per chance or 6 for \$5

- 1st Prize– two Red Sox tickets
- 2nd Prize– Big Papi t-shirt
- 3rd Prize—Red Sox Hat



All raffles pulled at 12 pm



1 pm Pre Game Ceremony  
 2:05 pm Pittsburgh Pirates vs Red Sox

**TALL SHIPS Luncheon Cruise**

**See the Tall Ships from the deck of the  
*Spirit of Boston*  
Weds, June 21<sup>st</sup>  
\$75**

**Includes Buffet Menu and DJ entertainment**

**Leave Lynn COA 8:00am Board Ship 9:30am  
Disembark 12:30pm**

**Reservations may be refunded only if the seat is sold.  
A full payment guarantees your reservation.  
(3) Payments of \$25 each- due on the 15th of the month. If  
not paid in full by May 15th, seat will be sold.  
First come, first serve- limited seats**

**Prescription Drug Costs too High?**

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... and you can be a homeowner and still *potentially* qualify for this program.

Benefits for 2017 include drug co-pays as low as \$3.30 for generics and \$8.25 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center.

<b>Extra Help</b>	<b>Monthly Income Limit</b>	<b>Asset Limit</b>
Individual	\$1,505/month	\$13,820
Couple	\$2,023	\$27,600

Social Security contact information: **1-800-772-1213**  
or apply online at [www.socialsecurity.gov/extrahelp](http://www.socialsecurity.gov/extrahelp).



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[www.BestMakesItHappen.com](http://www.BestMakesItHappen.com)

**Place Your Ad**

**APRIL**

- Mon, April 3<sup>rd</sup> Red Sox Fenway Park Opener Celebration  
10:45 am hot dog lunch 1pm prizes
- Thurs, April 6<sup>th</sup> Podiatry Appointments 10 am – 12 pm
- Thurs, April 6<sup>th</sup> Veterans Coffee Hour 1:00 pm – 2:00 pm  
with Tom Moran Resource Library
- Fri, April 7<sup>th</sup> Lunch Trip: Heberts Candies, Shrewsbury \$2 9 am – 3pm  
Lunch on own at ..... Jimmy's Tavern & Grill, Shrewsbury
- Tues, April 11<sup>th</sup> Steve Henderson's Comedy Show- "An Accidental Wedding"  
Brought to you by Lynn Cultural Council 12 pm
- Weds, April 12<sup>th</sup> Birthday Party Karaoke! 11:30 am – 1:00 pm
- Weds, April 12<sup>th</sup> Egg decorating 1:30 - 2:30 pm
- Thurs, April 13<sup>th</sup> Ice Cream Social! Friends of LCOA \$.50 1pm
- Mon, April 17<sup>th</sup> Patriots Day Center is closed

**YOUR  
AD  
HERE  
  
CALL  
TODAY**

*Join us!*

**Mayor Judith Flanagan Kennedy**

**Senior Prom**

**Thursday, May 25<sup>th</sup>**

**4pm – 6pm**

**\$5**

**At the Lynn Senior Center**

**Featuring...**

**Howie Conley and the Senior Tones**

**Dinner provided by**

**Life Care of the North Shore**

Tickets go on sale, first come first serve on Fri, April 28<sup>th</sup>.  
Must be a registered senior center participant. Formal  
dress attire not required. Dress comfortably.



7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications  
Subsidized Elderly Housing  
Call 781-593-5700

**HARBOR**  
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APARTMENTS

# HAPPENINGS !

**Tues, April 18<sup>th</sup> Mohegan Sun Casino \$29 6:30 am - 6:30pm**  
**Pre-paid reservation required**  
**Must have 40 passengers by April 10th**

- Weds, April 19<sup>th</sup> Mass Senior Action Meeting Wall Plaza 10 am**
- Fri, April 21<sup>st</sup> BROWN BAG Program sponsored by the BOSTON FOOD BANK 10 am – 12pm**
- Mon, April 24<sup>th</sup> BINGO BONANZA \$11 per person**  
 12 games 9 cards- paper sheets only  
 One package per person Big Prizes!  
 1pm start 11:30 am card sales until 12:50pm
- Weds, April 26<sup>th</sup> Lunch Trip: Docksider, Chelsea \$2 10:30 am**
- Thurs, April 27<sup>th</sup> Friends of the Lynn Council on Aging meeting 10am**

## Memory Café

Please join us at the  
**“In the Moment”**  
 Memory Café

For people living with Alzheimer's disease and related dementias and their caregivers

**EVERY THIRD THURSDAY OF EACH MONTH**

Upcoming Meetings:  
 March 16  
 April 20  
 May 18

**10 A.M. — 12 Noon**  
**THE LYNN MUSEUM**  
 590 Washington Street, Lynn, Mass.

**RSVP**  
 E-mail flamberta@gss.net  
 or call 781-586-8540

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 Fun!



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WITH GENEROUS FUNDING FROM



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A HISTORICAL SOCIETY



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## FRIENDS MEETINGS

**Apr 27<sup>th</sup> May 25<sup>th</sup> June 29<sup>th</sup>**

**FRIENDS MEETINGS: 10 am**

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

## Wellness Watch April 2017

### Are You Living With Diabetes? OUR WORKSHOP CAN HELP.

#### IF YOU'RE LIVING WITH DIABETES, YOU'RE NOT ALONE.

According to the American Diabetes Association, nearly 26 million people have diabetes and 2 million new cases are diagnosed each year.

#### KNOWLEDGE IS POWER!

You'll learn practical strategies and skills that can help you feel better and improve your quality of life.

Topics covered include how to:

- Prevent and delay complications
- Eat healthier
- Set and meet personal goals
- Enjoy physical activities
- Communicate with your health care providers.

#### MEET NEW PEOPLE... LIKE YOU!

Our small, supportive classes encourage new friendships with people who understand your concerns and will celebrate your successes. You will have the opportunity to share what you know and learn from others who are experiencing similar challenges.

#### Brought to you by:

Lynn YMCA

20 Neptune Blvd, Lynn, MA

Tuesdays

April 25-May 30, 2017

10:45am-1:30pm

LIGHT LUNCH WILL BE PROVIDED

#### FOR MORE INFORMATION OR TO REGISTER, CONTACT:

Kelsey Magnuson

781-586-8530

kmagnuson@glss.net

*Space is limited. Register today!*

This workshop is partially funded by Title III of the Older Americans Act through Greater Lynn Senior Services

#### Brought to you by:



## The Kiosk for Living Well

It's spring! Try something new by coming to the Kiosk. Some folks see only a fraction of the programs we offer, so come on by and check out something new!

If you want to meet with Sylvia, the Move Safe Counselor, come to the Kiosk on **Thursday, April 6<sup>th</sup>** between 10:00 and Noon.

Or meet with the Healthy Hearts nurses! In April they'll visit The Kiosk on **Tuesday April 11<sup>th</sup>** between 10:00 and 12:00 and also on **Thursday, April 27<sup>th</sup>** between 10:00-12:00. Ask them any questions you have about managing your diet or beginning an exercise program.

**Kiosk Exercise classes** also take place in the Activities Room every **Tuesday and Wednesday from 12:30 to 1:30.**

The Kiosk for Living Well is open every Tuesday and Thursday from 10:00 – Noon.

## SENIOR CENTER ACTIVITIES • APRIL 2017

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
9:30 BEAN BAG TOSS	9:15-10:45 POKENO	9:00 - 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-10:30 COLORING Group
9:30-11:00 KNITTING & CONVERSATION	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
10:45-12:30 LUNCHEON	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)	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORTS CLUB	10:45-12:30 LUNCHEON INFO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	11:30-12:30 TEAM TRIVIA
1:00-2:45 BINGO	12:30 - 1:30 VIDEO EXERCISE (IN2L)	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
	12:00-2:45 POKENO	12:30 - 1:30 IN2L VIDEO EXERCISE	12:30-2:30 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO
	1:30 BILLARDS CLUB	1:00 - 3:00 MOVIE	1:00 FREE ZUMBA CLASS	
		1:00-3:00 'PENNY ANTE' POKER	2:00-3:00 HORSE RACE GAME	

### OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

#### AFFORDABLE SENIOR RESIDENCE

- Close to stores, banks, senior center
- Spacious 1-bed apartments
- Accessible by train and bus
- On-site maintenance
- Modern laundry/community room
- Accepting applications

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# EARTH DAY

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



Air  
 Animals  
 Bottles  
 Cans  
 Earth  
 Fuel  
 Habitat  
 Home  
 Litter  
 Nature



Ocean  
 Paper  
 People  
 Pollute  
 Recycle  
 Resource  
 Solar  
 Sort  
 Trash  
 Water

# APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Pork hot dog/roll(946) * Baked beans(206) Carrots (65) Calories-774 Sodium- 1335** ALTERNATIVE Garlic chicken(116),rice(83) Calories-676 Sodium-526</p>	<p>4 Stuffed shells/ sauce(505) * Salad/dressing(62) Calories-853 Sodium- 1114 ALTERNATIVE Baked pork(106),plantains (16) Calories-900 Sod.-612</p>	<p>5 Chicken pot pie(135) Red bliss potatoes(5) Calories-670 Sodium-467 ALTERNATIVE Egg/ cheese croissant(290) Calories-600 Sodium-583</p>	<p>6 Pork rib-b-que/sauce(396) Salad/dressing(62) Calories-776 Sodium-742 ALTERNATIVE Fish/yellow rice(290) Calories-750 Sodium-626</p>	<p>7 Fish sandwich(860) * Potato wedges(187) Calories-933 Sodium-1425** ALTERNATIVE Veggie burger(860) * Calories-772 Sodium-1179</p>
<p>10 Chicken marsala/pasta(400) Salad/dressing(62) Calories-836 Sodium-728 ALTERNATIVE Eggplant parmesan(709) * Pasta (20) Calories-900 Sodium-1058</p>	<p>11 Sweet /sour meatballs(274) Jasmine rice(4) Calories-751 Sodium-654 ALTERNATIVE Beef picadillo(330) White rice(200) Calories-749 Sod.-987</p>	<p>12 Chicken tenders/honey mustard sauce(168) O'Brien potatoes(117) Calories-600 Sodium-611 ALTERNATIVE Fish/coconut sauce(290) Calories-716 Sodium-633</p>	<p>13 Roast beef/gravy(168) Cheddar potatoes(136) Calories-830 Sodium-835 ALTERNATIVE Veggie stuffed pepper(100) Cheddar potato(136) Calories-857 Sod.-766</p>	<p>14 Sweet potato Pollock(247) Coleslaw(167) Calories-750 Sodium-828 ALTERNATIVE Cheese pizza(340) Broccoli(32) Calories-685 Sodium-713</p>
<p>17 HOLIDAY NO MEAL SERVICE</p>	<p>18 Chicken/winter vegetables (213) Wild rice(63) Calories-640 Sodium-832 ALTERNATIVE Pork/winter vegetables (210) Calories-640 Sod.-832</p>	<p>19 Meatball sub/sauce(505*) Sweet potato wedges(187) Calories-780 Sodium-1198 ALTERNATIVE Cilantro lime chicken(116) Calories-765 Sodium-748</p>	<p>20 <u>SPRING SPECIAL</u> Turkey/mushroom sauce Lemon garlic roast potatoes Spinach salad/ dressing Honey cake Roll Calories-883 Sodium-1171</p>	<p>21 Fish/Florentine sauce(162) Greek salad/dressing(322) Calories-663 Sodium-1000 ALTERNATIVE Beef/chimichurri sauce(140) Calories-770 Sodium-976</p>
<p>24 BBq chicken(320) Salad(252) Roast potato (127) Calories-625 Sodium-963 ALTERNATIVE Veggie enchilada(300) Calories-750 Sodium-1020</p>	<p>25 Meatloaf/gravy(370) Mashed potatoes(124) Calories-743 Sodium-998 ALTERNATIVE Egg/cheese croissant(410) Calories-617 Sodium-932</p>	<p>26 Baked chicken/gravy(135) Baked potato(22) Calories-712 Sodium-763 ALTERNATIVE Pasta primavera(260) Calories-650 Sodium-651</p>	<p>27 Potato pollock(367)* Sweet potato(104) Calories-890 Sodium-932 ALTERNATIVE Chicken/sauce(100) Calories-796 Sodium-665</p>	<p>28 Turkey tetrazzini(443) Caesar salad/dressing(322) Calories-728 Sodium-881 ALTERNATIVE Spanish meatballs(326) Calories-800 Sodium-912</p>
<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>Requested Donation is \$2.00 per meal</p>	<p>GLSS NUTRITION 781-586-8695</p> 	<p>ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500mg.per serving). MEALS MARKED ** ARE HIGH SODIUM(more than 1200MG per meal).</p>	<p>NUMBERS IN ( ) ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE LISTED FOR THE ENTIRE MEAL,INCLUDING MILK,BREAD,MARGARINE AND DESSERT.</p>

# Hair Salon

## SOPHIE'S SALON

HAIR APPOINTMENTS  
*During Construction:*

Call **Sophie's Hair Salon**  
365 Boston Street, Lynn  
781-595-9700

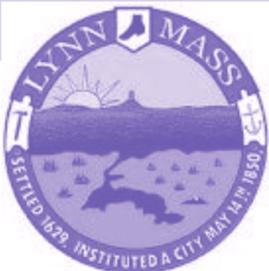
## KIOSK FOR LIVING WELL

EVERY TUESDAY &  
THURSDAY  
10:00 AM—12:00 PM

## MILLION HEARTS NURSE

2ND TUESDAY &  
4TH THURSDAY  
*\*(APRIL 11TH & 27TH)*  
10:00 AM—12:00 PM

Capture the Pride!



# WELLNESS OFFERINGS

## VETERANS COFFEE HOUR

**April 6th**

1:00 pm - 2:00 pm

*Resource Library*



## PODIATRIST



**April 6th**

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

## BLOOD SUGAR & BLOOD PRESSURE

**Wednesdays**

8:00 am - 9:00 am

*\*note time change\**

*\*Every Wednesday, 8am - 9am*

*\*Suspended until further notice.*



## MASSAGE THERAPY

## LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
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(781) 599-0110

RETURN SERVICE REQUESTED

NON-PROFIT  
U.S. POSTAGE

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