



## February 2017

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

### From the Director's Desk

Love it! I hesitate to write about romantic love for the February edition. My fear is that it may trigger many different feelings. So let's jump off on a tangent! I surveyed random seniors in our center since November and asked them what they loved. Put your helmet on and buckle your seat belt! All the answers will be listed here in the first person as they are their answers. Here goes! I love myself. I love puppies. I love when I go all the way to a store to get something on sale and it's available! Woo hoo! I love when my ride is on time. Oh man, I love lasagna. I love my kids. I love Zumba. I love the fresh fallen snow. *Person next to her heard, "You better be ready to go?"* I love Teddy. "Who's Teddy? My Teddy. "You're husband?" No, my Teddy (bear). He doesn't answer back! Someone else, I love Teddy Roosevelt and then direct quotes him, "Nobody cares how much you know, until they know how much you care." – *About a teddy bear?* I love fishing. I love reading. I love the quiet time of the morning (until I realize I was supposed to be somewhere! Argh!) I love chocolate. I love Pandas. Speaking of Pandas.... Did you know? During mating season, male pandas compete in groups of three to attract the attention of the female by making the highest sustained yelping sound. When all three bears yelp simultaneously, it can create a three-part harmony. Interestingly enough, many years before performing as a pop group, The Bee Gees, the Gibb brothers' childhood home bordered the panda enclosure at the Manchester Zoo. Hmmm? And for me? I love when I make the yellow light before it turns red!

~Stacey Minchello

### From Your Mayor

As winter (hopefully) begins to wind down, I can't help but look ahead to spring with anticipation. With any luck, Punxsutawney Phil's shadow will remain hidden and we can welcome the warmer air a little sooner.

Weather-cooperating, we're excited about completing our improvements to the Lynn Commons, thanks to recent grant funding from the Executive Office of Energy and Environmental Affairs. The funding will help us restore the curb and walkways on the western side of the park and install new benches. The project will also include new trees, trash receptacles, granite mile markers and decorative lighting. As a gateway to our downtown, it's important that this is an area that all of our residents, such as you, can enjoy. I look forward to the day when we can unveil the results of the improvements.

We have some very talented Latin artists coming to the Lynn Auditorium this month. On Feb. 11, De Mayimbe a Mayimbe, featuring Antony Santos and Fernando Villalona, will take the stage and on Feb. 17, Anthony Rios and Yolandita Monge will perform. For information and tickets, please call the Box Office at 781-581-2971.

On Valentine's Day, let us take the time to let our loved ones know they are appreciated. As we celebrate Presidents' Day and welcome a new president to the White House, let us reflect on all of the leaders who have shaped our country in the past and let us come together as a community to create new hope for the future.

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.  
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  
**Louis DeSouza Sr.** Vice President  
**Deb Small** Treasurer  
**George Harvey** Recording Secretary  
**Roberta Abrams** Membership Secretary

Next FRIENDS Meeting, Feb. 23<sup>rd</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

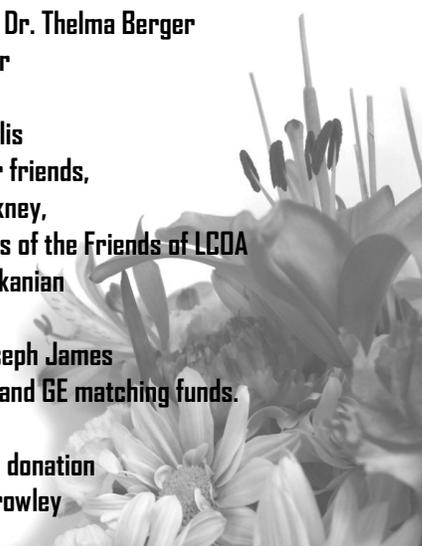
Thank you for your donation  
~ Sophie Karoumpalis

In loving memory of our dear friends,  
Win Legrow and Pauline Stickney,  
former members and officers of the Friends of LCOA  
~ Grace & Mary Ishkanian

Thank you for your donation  
~ Dorothea and Joseph James

Thank you for your donation and GE matching funds.  
~ David & Irene Lee

Thank you for your generous donation  
~ Paul and Kathy Crowley



**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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 AD  
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 CALL  
 TODAY**

**CASINO TRIPS**

**Departs from Lynn Senior Center**

**Foxwoods Casino \$28**  
 6:30 a.m. – 6:30 p.m.  
 Tues, May 16<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 \$28**  
 6:30 a.m. – 6:30 p.m.  
 Tues, April 18<sup>th</sup>

Package TBD

**Plainridge Casino \$20**  
 8:00 am - 4:30 pm  
 Tues, March 21, 2017



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

\* Limited seating  
 \* Pre-paid reservation required

Leave Lynn Senior Center promptly at 8:00 am and leave casino promptly at 3:00 pm.

**Medicare**

**HELP! Medicare Open Enrollment ended on December 7<sup>th</sup> :  
 I still have a problem!**

**"My Medicare drug plan is too expensive! Can I still change my Plan?"**

- ⇒ *If you have a **Medicare Advantage Plan**: between **January 1 and February 14**, you can leave your plan and switch to Original Medicare (A & B), but you **cannot** switch to another Medicare Advantage Plan. However, you can join a **Medicare Prescription Drug Plan** and a supplement or "**Medigap**" Plan.*
- ⇒ *If you have **Prescription Advantage** you can change your drug plan one time per year.*
- ⇒ *If you have "**Extra Help**" to pay for prescription drugs or **MassHealth**, you can change every month.*

**"My new plan doesn't cover one of my medications!"** You are entitled to a "transition supply" -- a one month (30-day) refill.

- ⇒ *In the meantime, call your doctor to change medications. Use the new plan's drug formulary to choose a medication that is on the list...(or you could change plans. See above.)*

**"My generic medication is now a Tier 4 and costs a lot more!"**

- ⇒ *Ask your doctor to contact the plan to request the previous Tier co-pay amount. (Or you could change plans. See above)*

For these and other questions about your options call a **SHINE (Serving Health Insurance Needs of Everyone...on Medicare)** health benefits counselor. They offer free, confidential counseling on all aspects of health insurance and are available to meet you in your town. Call **1-800-AGE-INFO (1-800-243-4636)**, then press or say **3**. SHINE is funded by the federal Administration on Community Living and is managed by the Executive Office of Elder Affairs in coordination with local organizations.

### Tax Appointment Notice

Tax Appointments for the 2017 AARP season at the Lynn Senior Center are completely filled.

We will take your name and number for the standby list.

Please understand we may call you last minute for an appointment.

We suggest that you be ready just in case. If you are booked as an add-on, please understand you may not be seen if time does not allow.

Thank you for your understanding.

### Wish List!



Wishlist

*Please and thank you....*

*We are in need of the following donations:*

- Adult Incontinence Underwear (Sm Med Lg)**
- Sweat pants (mens and womens- all sizes)**
- White socks**
- Stamps**
- Books**



### Cribbage / Looking Ahead...

*Looking for cribbage players!*

*Let's talk about an open time to play!*

*St. Patrick's Day Corned Beef Dinner and Entertainment is scheduled for Thursday, March 16th.*

*Latino Dance Party is Thursday, March 23rd.*

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



### Movies & Popcorn



Wednesdays @ 1:00 pm  
Feel free to join us for a movie,  
it's just on a smaller screen.



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.



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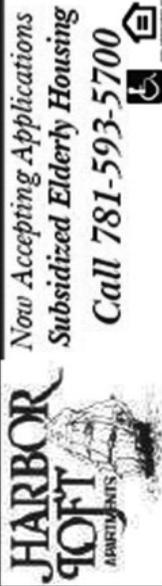
# FEBRUARY

Thurs, Feb 2nd	Veterans Coffee Hour with Tom Moran Resource Library	1:00 pm – 2:00 pm
Tues, Feb 7th	Birthday Party Karaoke!	11:30 am – 1:00 pm
Thurs, Feb 9 <sup>th</sup>	Valentine's Day Art Therapy Free Make your own cards and pictures	10:45am – 12:45pm
Thurs, Feb 9th	Ice Cream Social! Friends of LCOA \$\$.50	1pm
Tues, Feb 14 <sup>th</sup>	Valentine's Day Entertainment <b>Musical Journey through the Years with Tommy Rull</b> Brought to you by the Lynn Cultural Council under the Massachusetts Cultural Council and the FRIENDS of LCOA	12 noon
Weds, Feb 15th	Mass Senior Action Meeting Wall Plaza	10 am
Weds, Feb 15 <sup>th</sup>	Cupcakes and Conversation- LGBT	2:30 pm
Fri, Feb 17 <sup>th</sup>	<b>BROWN BAG</b> Program sponsored by the BOSTON FOOD BANK	10 am – 12pm
Mon, Feb 20th	Washington's Birthday	Center is closed
Weds, Feb 22 <sup>nd</sup>	<u>Lunch Trip:</u> Century House \$2	10:30 am – 2 pm
Thurs, Feb 23rd	Friends of the Lynn Council on Aging meeting	10 am
Thurs, Feb 23rd	Podiatry Appointments	10 am – 12 pm
Thurs, Feb 23 <sup>rd</sup>	Bring your grandkids to the Senior Center Day Lunch- \$2 (not under donation)	11 am – 1pm games available
Fri, Feb 24 <sup>th</sup>	<b>BINGO BONANZA</b> 12 games 9 cards- paper sheets only One package per person Big Prizes! 1pm start 11:30 am card sales until 12:50pm	\$11 per person
Tues, Feb 28th	<u>Lunch Trip:</u> Flaming Grille, Revere \$2	10:30 am

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AD  
HERE  
  
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## SNOW ALERTS & CLOSINGS

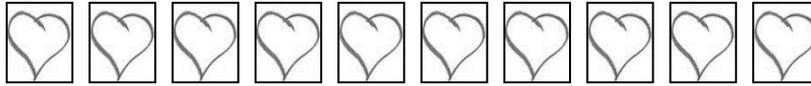
The senior center, trips and or activities may be cancelled depending on the weather. Tune into Lynn Cam TV public access (Comcast 3 & 22- Verizon 37 & 38) for storm closing updates or WCVB CH 5.

You may also check on [WWW.Facebook.com/LynnSeniorCenter](http://WWW.Facebook.com/LynnSeniorCenter)  
We will do our best as always to be timely in our updates.  
Please pay particularly close attention.

**Our announcements are specific only to the Lynn Senior Center,  
not GLSS or the RIDE**

# HAPPY VALENTINE'S DAY

Join us for some hearty fun!



## Art Therapy with Christie

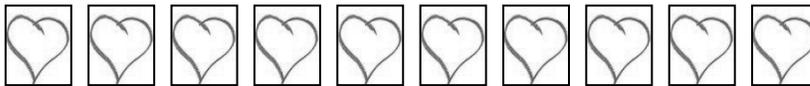
Thursday, Feb 9<sup>th</sup>

10:45 am – 12:45 pm

Dance Floor Free

Make Valentine's Day Cards & Crafts with your friends to relaxing music.

# LIVE ENTERTAINMENT



## Tommy Rull

Tues, Feb 14<sup>th</sup> 12 noon

"A Musical Journey Through The Years"

"This program is 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; as well as The FRIENDS of the LYNN COUNCIL on AGING"

# LGBT CUPCAKES & CONVERSATIONS



Weds, Feb 15<sup>th</sup> 2:30pm Senior Center

Let's meet and discuss upcoming activities and plan together.

# FRIENDS MEETINGS

Feb 23<sup>rd</sup> Mar 30<sup>th</sup>  
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.

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## Wellness Watch February 2017

February is heart health month, and to celebrate here are some heart healthy tips! There are many factors that contribute to heart health. Some cannot be changed, 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 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.

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. The American heart association has put their label on many foods that are considered heart healthy.

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. There are many benefits of exercise that help your overall health and can help prevent disease. 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.

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. Relaxation is another way to relieve stress. 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.

Learning how to eat healthier, reduce sodium, increase activity and reduce stress can be hard tasks to accomplish. The My Life My Health workshop can be a great way to learn how to accomplish all of these steps to lead to a healthier, happier you!

### MY LIFE, MY HEALTH

#### YOU ARE NOT ALONE

Chronic conditions affect one out of every ten Americans, people of all ages and from all walks of life.

#### TAKE CONTROL OF YOUR HEALTH AND START LIVING AGAIN !

In just six meetings, our program is proven to help adults of all ages lead more active, fulfilling lives... *one manageable step at a time.*

#### KNOWLEDGE IS POWER!

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

For more information contact Kelsey Magnuson at 781-586-8530.

## The Kiosk for Living Well

Come on out of your hole on Ground Hog Day  to test for Spring! Sylvia our Fall Prevention specialist will be at the Kiosk on **Thursday, February 2<sup>nd</sup>** between 10:00 and Noon where you can work on your balance and strength or get an evaluation of your falls risk. Don't wait another six weeks!

The Healthy Hearts nurses will be at The Kiosk on **Valentine's Day**  on **Tuesday February 14<sup>th</sup>** between 10:00 and 12:00 and also on **Thursday, February 23<sup>rd</sup>** between 10:00-12:00. Get a Healthy Hearts checkup on the day that's dedicated to everyone's heart!

**Kiosk Exercise classes** with Cheryl and Mayra 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 • FEBRUARY 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
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:00-1:00 MEN SPORTS CLUB	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
1:00-2:45 BINGO	10:45-12:30 LUNCHEON INFO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	11:30-12:30 TEAM TRIVIA
	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	

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- Accessible by train and bus
- On-site maintenance
- Modern laundry/community room
- Accepting applications

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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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781.592.9667



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# GROUNDHOG DAY

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

Burrow  
 Chilly  
 Emerge  
 February  
 Hibernate  
 Look  
 Marmot



Myth  
 Omen  
 Pennsylvania  
 Phil  
 Prediction  
 Punxsutawney  
 Retreat



Second  
 Sign  
 Six  
 Spring  
 Warm  
 Weeks  
 Winter

# FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FEBRUARY 15 NATIONAL HEART MONTH!</p> <p>6 Soup/crackers(160) Meatballs/country gravy (294) Calories-771 Sodium-1014 ALTERNATIVE Soup/crackers Pasta primavera(260) Calories-742 Sodium-952</p>	 <p>7 Soup/crackers(94) Apricot glazed chicken(325) Calories-655 Sodium-528 ALTERNATIVE Soup/crackers Beef picadillo (330),plantains-16 Calories-922 Sodium-810</p>	<p>1 Braised pork(161) Sweet potato(70) Calories-681 Sodium-585 ALTERNATIVE Beef and onions(100) Calories-783 Sodium-654</p>	<p>2 Soup/crackers(180) Herbed chicken(325) Calories-805 Sodium-935 ALTERNATIVE Broccoli/cheddar quiche (325) Calories-920 Sodium-926</p>	<p>3 Potato pollock(397) Mashed potatoes(107) Calories-759 Sodium-1010 ALTERNATIVE Honey lime chicken (116) Calories-675 Sodium-715</p>
<p>13 Chicken curry(62) Mixed veg.(47) Rice(200) Calories-652 Sodium-615 ALTERNATIVE Beef/rice(228) Calories-672 Sodium-602</p>	<p>14 Pot roast/gravy(168) Mashed potatoes(107) Calories-635 Sodium-695 ALTERNATIVE Black bean burger/roll(725) * Calories-700 Sodium-1222**</p>	<p>15 Soup/crackers(185) Pork raguout(161) Calories-723 Sodium-608 ALTERNATIVE Soup,hamburger/onions-490 Calories-717 Sodium-863</p>	<p>16 Lemon thyme chicken(116) Roast potato(121) Broccoli- 32 Calories-646 Sodium-537 ALTERNATIVE Seasoned baked pork(120) Calories-672 Sodium-542</p>	<p>17 Soup/crackers(325) Veg./cheese quiche(325) Calories-742 Sodium-1063 ALTERNATIVE Baked chicken(134) Calories-650 Sodium-872</p>
<p>20 HOLIDAY NO MEAL SERVICE</p>	<p>21 Soup/crackers(180) Pollock/cheese sandwich (755)* Calories-710 Sodium-1190 ALTERNATIVE Beef/chimichurri sauce(140) Calories-856 Sodium-1005</p>	<p>22 Chicken pot pie(135)* Red bliss potatoes(5) Calories-621 Sodium-461 ALTERNATIVE Pork/BBQ sauce(445) Calories-695 Sodium-837</p>	<p>23 Stuffed shells/sauce(588)* Garlic spinach(150) Calories-776 Sodium-1078 ALTERNATIVE Oven fried chicken(200) Calories-803 Sodium-762</p>	<p>24 Pork rib/BBQ sauce(566)* Butternut squash(20) Calories-625 Sodium-881 ALTERNATIVE Ravioli/sauce(670)* Calories-700 Sodium-902</p>
<p>27 Chicken marsala(380) Pasta(20) Roasted carrots (43) Calories-665 Sodium-710 ALTERNATIVE Pork(106),plantains(16) Calories-681 Sodium-432</p>	<p>28 Sweet and sour meatballs (450) Jasmine rice(4) Calories-659 Sodium-724 ALTERNATIVE Veggie/cheese enchilada (290) Calories-625 Sodium-700</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  
*\*(FEBRUARY 14TH & 23RD)*  
10:00 AM—12:00 PM

Capture the Pride!



# WELLNESS OFFERINGS

## VETERANS COFFEE HOUR

February 2nd

1:00 pm - 2:00 pm

Resource Library



## PODIATRIST



February 23rd

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

## MASSAGE THERAPY

\*Suspended until further notice.

## LYNN COUNCIL ON AGING SENIOR CENTER

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

RETURN SERVICE REQUESTED

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