

LYNN COUNCIL ON AGING SENIOR CENTER



January
2017

Lynn Council on
Aging

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Let's welcome 2017 with a laugh or two! Thank you to Burt Tankel for this one!

"Yes! I'm a Senior Citizen"- I'm the life of the party...*even if it lasts until 8pm*. I'm very good at opening childproof caps...*with a hammer*. I'm usually interested in going home before I get where to where I am going. I'm awake many hours before my body allows me to get up. I'm smiling all the time because I can't hear a thing you're saying. I'm aware that other people's grandchildren are not as nearly cute as mine. I'm so cared for-*long term care, eye care, private care, dental care, home care...* I'm very good at telling stories...*over and over and over*. I'm not really grouchy, I just don't like traffic, waiting in crowds, lawyers, loud music, unruly kids, Jenny Craig commercials, barking dogs, politicians and a few other things I just can't seem to remember right now. I'm sure everything I can't find is in a safe place, somewhere. I'm having trouble remembering words like... I'm beginning to realize that aging is not for wimps. They sure are making adults younger these days! When did they let kids become policemen? I'm wondering if you're as old as you feel. How could I be alive at 150? Or how can my kids be older than I feel? All I know is I'm a senior citizen and I think I am having the time of my life. Now, what did I come in this room for?

~Stacey Minchello

From Your Mayor

I hope you enjoyed a wonderful holiday season and a promising start to 2017.

As we ring in this new year, I'm pleased to announce we have 11 shows lined up at the Lynn Auditorium, starting with Get the Led Out on Jan. 13 and Decades Rewind (featuring music from the 1960s, '70s and '80s) on Jan. 27. Looking ahead, we'll also be welcoming Celtic Woman, Santiago Cruz, Brian Wilson, Rain and many more. For information and tickets, please call the Box Office at 781-581-2971.

January is often the month of transitions and I would like to wish Kevin Coppinger well in his new role as Essex County Sheriff. He did a tremendous job as our city's police chief and has left big shoes to fill, but I know our county will be served well by him. It is also my pleasure to announce that Deputy Police Chief Lenny Desmarais has been named acting chief, ensuring a smooth transition within the department.

Also this month, we celebrate Martin Luther King Jr. Day and various organizations throughout the community, such as Girls Inc., Lynn Community Association, La Vida, United Way and more, will be participating in the MLK Day of Service. It is so inspiring to see so many volunteers — including our youth — honoring this holiday not as a day off, but as a day "on," helping others. Projects have included making and serving lunch at My Brother's Table; making cards for you, our seniors and veterans; hosting events at local youth centers and creating toiletry kits for the homeless.

As the temperatures continue to drop, please be careful and avoid any icy walkways, parking lots and driveways. We will do our best to keep the roadways and sidewalks clear for you. 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.

Stay warm and safe,
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
 Pearl Brown
 Marlene Vasi Eddy Pam Edwards
 Minette Lall Joseph Bryson

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,
 Jan. 26th @ 10am

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WWW.FACEBOOK.Com/LYNNSENIORCENTER

Tired of waiting for the mail?

Monthly newsletters are posted online at www.ci.lynn.ma.us

Click City Hall

Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want



to view

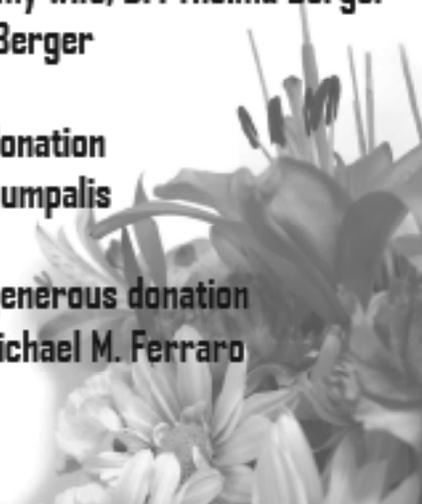


IN LOVING MEMORY

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

Thank you for your donation
~ Sophie Karoumpalis

Thank you for your generous donation
~ Reverend Michael M. Ferraro



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



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CASINO TRIPS

Departs from Lynn Senior Center

Foxwoods Casino \$28

6:30 a.m. – 6:30 p.m.
Tues, May 16th

\$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 18th

Package TBD



Plainridge Casino \$20

8:30 am - 5:30 pm
Weds, March 22, 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

* Must have 40 reservations by March 10th.

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



Medicare

HELP! Medicare Open Enrollment ended on December 7th :
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.

CONSTRUCTION NOTICE

Change brings new opportunities!

We apologize for any inconvenience our construction plans may cause you. We promise to do our best to keep you informed of changes in schedules and activities. We thank you in advance for your patience and flexibility. Most importantly, please understand, as you may imagine we might not know the answers until we go through it!

The projected start date of construction in the senior center will be January 17th with a forecasted duration of approximately four months. Most construction that is expected to be extremely loud will occur at night and on weekends.

The first project will affect the game room and hair salon. This area will be completely shut down and inaccessible to staff and seniors. Everything in the game room will be placed safely in storage until completion of construction. Massage and hair appointments will be suspended until further notice. Podiatry appointments will be in the Resource room. The Men's Sports Club will meet in the Large Activity Room. We are working on TV options, so movies and Wii are up in the air as of yet. The Greater Boston Food Bank Brown Bag Program will stay on schedule. The waiting area will be in the senior center. Check in as soon as you arrive at the table near the dance floor and get your call number. Our goal is to avoid any lines in the hallway or GLSS lobby.

We are not sure if we have to make any meal changes. Specific to this, if our participation rate changes or construction affects service, we'll offer a different option or decrease to one popular choice. We do not believe the meal site will close. However if there are any unforeseen problems, we will notify via Facebook, flyers and local cable tv public announcements.

Now...The big question that needs to be answered.... What is all this construction about?

The Hair Salon/Wellness Room will be moved adjacent to the Large Activity Room. The Game Room will be updated with a ceiling. The front entrance of the senior center will have a newly designed front desk area. This is phase one. Phase two and three are particular to GLSS upstairs.

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



Free Popcorn and Soda
Wide Screen Plasma Home Theatre System



Jan 4 th	3 Men and a Baby	1997 PG	102 mins
Jan 11 th	Love & Friendship	2016 PG	92 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.



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JANUARY

Mon, Jan 2 nd	Happy New Year!	Center is closed
Tues, Jan 3 rd	Hearing Clinic – walk ins	10 am -11 am
Thurs, Jan 5 th	Podiatry Appointments	10 am – 12 pm
Thurs, Jan 5 th	Veterans Coffee Hour with Tom Moran Resource Library	1:00 pm – 2:00 pm
Tues, Jan 10 th	Birthday Party Karaoke! Celebrate Elvis' Birthday	11:30 am – 1:00 pm
Thurs, Jan 12 th	Ice Cream Social! Friends of LCOA \$.50	1pm
Mon, Jan 16 th	Martin Luther King, Jr. Day	Center is closed
Tues, Jan 17 th	<u>Lunch Trip:</u> Flaming Grille, Revere \$2	10:30 am
Weds, Jan 18 th	Mass Senior Action Meeting Wall Plaza	10 am
Fri, Jan 20 th	BROWN BAG Program sponsored by the BOSTON FOOD BANK	10 am – 12pm
Mon, Jan 23 rd	BINGO BONANZA \$11 per person 12 games 9 cards- paper sheets only 1pm start 11:30 am card sales until 12:50pm	Big Prizes! One package per person
Thurs, Jan 26 th	Podiatry Appointments	10 am – 12 pm
Thurs, Jan 26 th	Friends of the Lynn Council on Aging meeting	10 am
Thurs, Jan 26 th	Lunch Trip: Bradford Tavern, Rowley	10:45 am – 3 pm

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

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

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

HAPPENINGS !

Domino Tournament

January 18th

11:30 am

Reserve your team by January 11th
You pick your team mate
Winning Team Prize \$100

\$5 per team
Three games- winning team advances
Second Team Prize \$20

Domino games will be held on the Dance Floor, supervised by staff.
Team brackets will be posted.
Judgements are final and at the discretion of the staff member in charge.



FRIENDS MEETINGS

Jan 26th
Apr 27

Feb 23rd
May 25th

Mar 30th
June 29th

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.

NEW ACTIVITIES!

Team Trivia is back!!!!

Join us on Fridays at 11:45 am – 12:45 pm;
starting Jan 6th

No individual is on the spot to answer a question! It takes a team.
A volunteer will read the question and moderate the game.

Bean Bag Toss!!

Join us on the dance floor on Mondays at 9:30 am
Doubles or single matches. Starts January 9th. We'll have the rules. Bring your fun!

IT'S TAX TIME!

Tax Appointments Sponsored by AARP

February 13th– April 10th

Partnered with AARP, the Lynn Senior Center offers free tax appointments to all registered seniors of the Lynn Council on Aging Senior Center. Appointments are 1 hour long on Mondays, 9 am – 12 pm, starting February 13th and ending April 10th. Please be advised that there are two tax advisors so two 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.

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Wellness Watch January 2017

Wellness Workshops

January is a time for New Year's resolutions and a fresh start. Please consider your wellness and health and how you can help yourself to feel better every day! Below you will find more information on all of our workshops.

If you are interested or have any questions please contact:

Kelsey Magnuson *Wellness Programs Coordinator*

781-586-8530//kmagnuson@glss.net

DIABETES SELF-MANAGEMENT

A workshop for adults living with diabetes

Participants in this workshop learn the skills needed to successfully manage the day-to-day challenges of living with diabetes. Workshops are highly interactive and touch on topics such as problem solving; diet and exercise; setting and achieving personal goals; using medications appropriately; and improving communication skills. This workshop meets for 2-1/2 hours once a week for 6 weeks.

A MATTER OF BALANCE

A workshop for older adults who have concerns about falling

"A Matter of Balance" is an award-winning program that acknowledges the risk of falling but emphasizes practical coping strategies to reduce this fear. These strategies include promoting a view of falls and fear of falling as controllable, setting realistic goals for increasing activity, changing the environment to reduce fall risk factors, and promoting exercise to increase strength and balance. This workshop meets for 2 hours once a week for 8 weeks.

MY LIFE, MY HEALTH

A workshop for adults living with one or more ongoing conditions

Participants in this workshop learn the skills needed to successfully manage the day-to-day challenges of living with one or more chronic conditions. Workshops are highly interactive and touch on topics such as problem solving; diet and exercise; setting and achieving personal goals; using medications appropriately; and improving communication skills. This workshop meets for 2-1/2 hours once a week for 6 weeks.

HEALTHY EATING FOR SUCCESSFUL LIVING

A nutrition workshop for older adults

Healthy Eating for Successful Living is a program for older adults who want to learn more about nutrition and how lifestyle change can promote better health. Based on the USDA My Plate, the main components of the program include: goal setting, problem solving, group support, nutrition education, self-assessment and management of dietary patterns. The program includes six sessions delivered by trained leaders followed by a "Healthy Eating"

January is Glaucoma Awareness Month

Glaucoma is the leading cause of preventable blindness. It can gradually steal sight without any warning and is considered the sneak thief of sight. Over 3 million Americans and over 60 million people worldwide have glaucoma, but many do not know that they have it. Up to 40% of vision can be lost without a person noticing.

The Kiosk for Living Well

Maybe it's time to think about some habits you've been wanting to change in the new year. If so, the Kiosk team is ready to help. The Healthy Hearts nurse will be at The Kiosk on **Tuesday January 10** between 10:00 and 12:00 and also on **Thursday January 26th** between 10:00-12:00. No appointment necessary!

If strengthening muscles and improving balance is something you'd like to do, consider taking one of our balance assessment tests. They take very little time. Our Fall Prevention specialist is available to work with you at the Kiosk on **Thursday January 5th** from 10:00-12:00

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

Kiosk Exercise classes with Cheryl and Mayra take place in the activities room every Tuesday and Wednesday from 12:30 to 1:30. See you there!

SENIOR CENTER ACTIVITIES • JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILS BEE STREET 8:00 -12 WM	SILS BEE STREET 8:00 -12 WM	SILS BEE STREET 8:00 -12 WM	SILS BEE STREET 8:00 -12 WM	SILS BEE STREET 8:00 -12 WM
8:30 BEAN BAG TOSS	8:15-10:45 POKENO	8:00 - 1:00 HAIR SALON	8:00-10:30 WATERCOLOR PAINTING	8:30-10:30 COLORING Group
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING	8:30-11:00 ARTS & CRAFTS	10:00-12:00 KOSK (N2L)	8:30-11:00 KNITTING & CONVERSATION
12:00-1:00 MEN SPORTS CLUB	10:00-12:00 KOSK FOR LIVING WELL (N2L)	8:30-10:30 BEGINNERS 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 TRAMA
	12:30 -1:30 VIDEO EXERCISE (N2L)	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 INFL VIDEO EXERCISE	12:30-2:30 JAPANESE BUNKA EMERIDERY	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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Cathy Davis in admissions for more information.

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JANUARY

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 R F H W G R F K T S R I F
 E S O T A N A S K A T E D
 A Y I G N T I R E T N I W
 S T O O B H E K Y E A R W

Blizzard
 Boots
 Carnation
 Dreary
 First
 Flu
 Fog



Furnace
 Garnet
 Hibernate
 Ice
 January
 King
 Parka



Quilt
 Resolution
 Shovel
 Skate
 Ski
 Snow
 Winter

JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>HOLIDAY</p> <p>NO MEAL SERVICE</p>	<p>3</p> <p>Soup/crackers(240) Roast beef/gravy(136) Calories-800 Sodium-726</p> <p>ALTERNATIVE</p> <p>Egg/cheese croissant(410) Calories-650 Sodium-1027</p>	<p>4</p> <p>Soup/crackers(70) Broccoli cheddar quiche(436) Calories-850 Sod.-1043</p> <p>ALTERNATIVE</p> <p>Soup/garlic chicken/rice(316) Calories-777 Sodium-728</p>	<p>5</p> <p>Baked chicken/gravy(120) Baked potato(9) Corn(1) Calories-693 Sod.-400</p> <p>ALTERNATIVE</p> <p>Shredded beef(220) Calories-750 Sodium-616</p>	<p>6</p> <p>Stuffed pepper(370) Augratin potato(142) Calories-720 Sodium-832</p> <p>ALTERNATIVE</p> <p>Eggplant parm./pasta(709)* Calories-633 Sodium-1066</p>
<p>9</p> <p>Soup/crackers(208) American chop suey(316) Calories-900 Sodium-834</p> <p>ALTERNATIVE</p> <p>Soup,chicken/rice(234) Calories-866 Sodium-922</p>	<p>10</p> <p>Potato Pollock(467) Red mashed potato(101) Calories-758 Sodium-836</p> <p>ALTERNATIVE</p> <p>Seasoned baked pork (110) Calories-600 Sodium-476</p>	<p>11</p> <p>Chicken pot pie(135) Butternut squash(20) Calories-500 Sodium-404</p> <p>ALTERNATIVE</p> <p>Beef/yellow rice(228) Calories-650 Sodium-665</p>	<p>12</p> <p><u>JANUARY SPECIAL</u></p> <p>Pineapple raisin chicken French peas Sweet potato casserole Bread Pudding Calories-778 Sodium-818</p>	<p>13</p> <p>Soup/crackers(160) Turkey a la king(186) Calories-900 Sodium-1027</p> <p>ALTERNATIVE</p> <p>Cheese pizza(555)*,soup Calories-742 Sodium-895</p>
<p>16</p> <p>HOLIDAY</p> <p>NO MEAL SERVICE</p>	<p>17</p> <p>Lasagna/white sauce(440) Zucchini/red pepper(15) Calories-600 Sod.-827</p> <p>ALTERNATIVE</p> <p>Pork/BBQ sauce(445) Calories-695 Sodium-737</p>	<p>18</p> <p>Turkey/gravy/cran.sauce(485) Stuffng(212) Winter squash (20) Calories-792 Sod.-1107</p> <p>ALTERNATIVE</p> <p>Vegetable burrito(410) Calories-665 Sodium-691</p>	<p>19</p> <p>Hot dog/bun/mustard(850) * Baked beans(206) Calories-720 Sod.-1332**</p> <p>ALTERNATIVE</p> <p>Oven fried chicken(300) Calories-600 Sodium-945</p>	<p>20</p> <p>Soup/crackers(160) Chicken cacatore(130) Calories-690 Sodium-847</p> <p>ALTERNATIVE</p> <p>Fish/cream sauce(290) Calories-829 Sodium-1032</p>
<p>23</p> <p>Chicken nuggets/honey mustard dip(312)/potato-163 Calories-960 Sodium-822</p> <p>ALTERNATIVE</p> <p>Pork/rice(306)/corn(1) Calories-900 Sodium-744</p>	<p>24</p> <p>Soup/crackers(160) Stuffed shells/sauce(584)* Calories-620 Sodium-1053</p> <p>ALTERNATIVE</p> <p>Soup,baked fish(221) Calories-711 Sodium-674</p>	<p>25</p> <p>Beef stew/potatoes(117) Spinach(150) Calories-662 Sodium-740</p> <p>ALTERNATIVE</p> <p>Veg. stuffed pepper(175) Calories-650 Sodium-797</p>	<p>26</p> <p>Fish/lemon dill sauce(302) Parsled rice(200) Calories-756 Sodium-915</p> <p>ALTERNATIVE</p> <p>Ground beef/tomato,rice300 Calories-693 Sodium-645</p>	<p>27</p> <p>Soup/crackers(160) Swedish meatballs(243) Calories-673 Sodium-1100</p> <p>ALTERNATIVE</p> <p>Soup,chicken/rice(470) Calories-682 Sodium-1161</p>
<p>30</p> <p>Soup/crackers(470) Turkey divan(173) Calories-664 Sodium-1073</p> <p>ALTERNATIVE</p> <p>Soup,veg. burger/roll(720)* Calories-757 Sodium-1258*</p>	<p>31</p> <p>Beef chili/cheddar cheese (440) Baked potato(9) Calories-800 Sodium-824</p> <p>ALTERNATIVE</p> <p>Chicken stew/rice(450) Calories-690 Sodium-770</p>			<p>NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE LISTED FOR THE EN- TIRE MEAL,INCLUDING MILK, BREAD AND DESSERT.</p>
<p>ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(MORE THAN 500mg PER SERVING.) MEALS MARKED WITH ** ARE HIGH SODIUM(MORE THAN 1200mg.)</p>				

Hair Salon

SOPHIE'S SALON

OPEN JAN. 4 & 11 ONLY
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$18
WASH, CUT & SET	\$18
COLOR	\$25
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

**KIOSK FOR
LIVING WELL**
EVERY TUESDAY &
THURSDAY
10:00 AM—12:00 PM

**MILLION HEARTS
NURSE**
2ND TUESDAY &
4TH THURSDAY
**(JANUARY 10TH & 26TH)*
10:00 AM—12:00 PM

Capture the Pride!



WELLNESS OFFERINGS

VETERANS COFFEE HOUR

January 5th

1:00 pm - 2:00 pm



PODIATRIST



January 5th & 26th

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

HEARING CLINIC



January 3rd

10:00 am - 11:00 am

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

MASSAGE THERAPY

Suspended until further notice.

LYNN COUNCIL ON AGING SENIOR CENTER

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

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