

LYNN COUNCIL ON AGING SENIOR CENTER



June
2017

Lynn Council on
Aging

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Holy Guacamole! Finally a rumor that is true! Sophie is back in session! The hair salon, excuse me the **BRAND NEW** hair salon is back in session on Wednesdays. Call for your appointment. 781-586-8625

The game room is coming along. I hope for it to open pretty soon. June is hopeful!

Speaking of June... I have a friend named June because she was born in June. I also knew someone named May; same reason and then there was April! For those of us born in the winter, we just weren't lucky enough to be named November or December. But then I feel bad for those who are named after a spring month and they were born in March or February. What goes through their minds? If they only hung in there! Talk about hanging in there???? If you're reading this it must be close to "springing" into some sort of warmer weather! Rainy cold spring weather...ARGHH!!!! Sigh... deep sigh, and a head shake. Oh! Maybe it will be 90 degrees the first week of November? Any bets?

~ 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. I wish them the best of the luck as they move on to college, military or the workforce. For those of you with grandchildren or relatives in the Class of 2017, 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. It's always a wonderful time of year to visit our parks and beaches, and 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 23 at Gannon—to subsidize our share of the cost.

At the Lynn Auditorium, the Isley Brothers will perform on June 15, followed by Brian Setzer's Rockabilly Riot on June 21 and Celtic Woman on June 25. There are many more summer concerts to follow, including Donny and Marie Osmond and Air Supply in August. For information and tickets, please visit lynnauditorium.com or 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. 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

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

Arthur Akers, President
Minette Lall, Vice President
Joseph Bryson
Pam Edwards
Lester McCLain
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Frances Taggart
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Albert DiVirgilio
Edmund Brown
Pearl Brown

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,
June 29th @ 10am

Like us on Facebook!

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 donation
~ AJ



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

Person's Name: _____

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CASINO TRIPS

Departs from Lynn Senior Center

Plainridge \$20 8:30am – 5:30pm
June 20th

Foxwoods Casino \$29 6:30 a.m. – 6:30 p.m.
Aug 15th Sept 19th Nov 21st
\$10 Free Slot Play
\$10 Food coupon or free meal at the buffet

Mohegan Sun Casino \$29
July 18th Oct 24th (note it's the 4th Tuesday)



*** PLEASE NOTE EFFECTIVE JUNE 1ST, 2017 CASINO RESERVATION REFUNDS WILL ONLY BE ISSUED IF YOU CANCEL 24hrs IN ADVANCE; HOWEVER, WE WILL REFUND YOU IF WE ARE ABLE TO SELL THE SEAT THE DAY OF DEPARTURE. ***

PLAY BALL!



Join us for an afternoon Red Sox Game!

Thurs, September 14th

Red Sox vs Oakland A's

1:35 pm

\$55



- Includes ticket and bus parking
- Lunch in park on own
- Prompt departure from the senior center at 10 am
- Estimated return time 5:45pm
- Limited Seating

- Full payment reserves ticket
- No down payments-
- No phone reservations
- Refund only if seat sold
- Must be registered senior center member

**YOUR
AD
HERE

CALL
TODAY**



Annual Independence Day BBQ Celebration

~ Lynn Council on Aging ~

Annual Independence Day BBQ Celebration

MON, July 3rd 11 am – 2pm

\$4 per person

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

Advance ticket sales start June 2nd at 8:30 am

Senior center scan card required.

Sponsored by the FRIENDS of the LCOA

50/50 Raffle! Winner pulled at 1:00 p.m. Live

Schedule your ride home for 2pm



Lynn Library Tour

Thursday, June 8th 9:30 am (leave from the senior center) Free!
Get in the Know!

Join us for a Lynn Library Tour, sign up for a new library card. Bring your electronic device and learn how to access checking out books online without even going to the library!
Hands on training session limited to 10 participants.
Sign up to reserve your seat.

We will keep scheduling

What device? Any electronic (IPad, laptop, smart phone, tablet) that has Wi-Fi capabilities with an app store to download the free app "Overdrive".
Don't worry - This is hands on and at a pace that works for you

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.

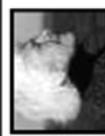




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MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn & Soda Wide Screen Plasma Home Theatre System

June 7 th	The Help	2011	PG-13	146 mins
June 14 th	Raiders of the Lost Ark	1981	PG	115 mins
June 21 st	The Sting	1973	PG	129 mins
June 28 th	A League of their Own	1992	PG	128 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.

Place Your Ad

JUNE HAPPENINGS!



**YOUR
AD
HERE

CALL
TODAY**

- Thurs, June 1st** Veterans Coffee Hour Resource Library 1 pm
- Tues, June 6th** Birthday Karaoke 11:30 am – 1pm
- Tues, June 6th** Trip: Castle Island \$2 10:30am – 2:00pm
- Thurs, June 8th** Lynn Library Tour free 9:30 am – 11:30am
Bring your electronic device **leaves from the senior center**
- Thurs, June 8th** Ice Cream Social \$.50 1:30pm
- Mon, June 12th** **Bingo Bonanza**
\$11 – 12 games
9 cards- paper sheets only
- Thurs, June 15th** Center will be closed at 2:30
Sorry for the inconvenience
- Fri, June 16th** FATHER'S DAY OMELET BREAKFAST \$3
8am – 9am
- Fri, June 16th** **BROWN BAG** 9:30am – 12:00 pm
Sponsored by GREATER BOSTON FOOD BANK
- Tues, June 20th** Plainridge Casino 8:30 am – 5:30 pm
\$20 per person
- Wed, June 21st** **Tall Ships – Luncheon Cruise** \$75
8:00am - 2:00pm
- Thurs, June 22nd** **Podiatry Appointments** 10am – 12pm
- Thurs, June 22nd** **Latino Dance** 4:00 pm – 6:00 pm
- Thurs, June 29th** *Friends of the Lynn Council on Aging meeting* 10 am

7 Liberty Square • Lynn, Massachusetts

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What is a MOON?

For people with Medicare, MOON has a new meaning: “Medicare Outpatient Observation Notice”. This newly required notice must be given to some patients who have been admitted to a hospital for “observation”. Hospitals are increasingly admitting patients under observation status.

You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an “inpatient”. If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage.

For example, if you have Original Medicare, with or without a Medigap plan, an inpatient hospital stay of at least three days is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three-day requirement may be waived.

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say **3**. Once you get the SHINE answering machine, leave your name and number. A volunteer will call

GLSS Advisory Council

We have a couple of vacancies on the **Greater Lynn Senior Services Advisory Council** and invite anyone interested (especially people who are 60+ years of age) in representing the interests of older persons from Lynn, Lynnfield, Saugus, Swampscott and Nahant to consider membership.

What is an Advisory Council?

The GLSS Advisory Council is a voluntary group of citizens that serve as a critical link between GLSS and the elder community. The mission of the GLSS Advisory Council is to represent the interests of seniors in the five communities that we service.

What would I do as a volunteer/member?

Specific Advisory Council functions include:

- Attend at least six monthly meetings each year at GLSS
- Bring to the attention of GLSS staff and Board of Directors relevant community issues and concerns
- Review the process whereby priority service needs of area elders is determined
- Review and monitor GLSS programs funded by Title III of the Older Americans Act
- Review the process whereby service providers are identified for agency Title III funded programs
- Review GLSS policies as they relate to the Older Americans Act

How do I get more information?

If you or someone you know is interested in receiving more information about the GLSS Advisory Council, please contact Susan Thomas, Planning Coordinator at stthomas@glss.net or **(781) 477-6707**.

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Wellness Watch June 2017

Days are now longer and the sun is getting hotter. It's time to prepare for the summer and that means learning the best possible ways to protect your skin. No matter what your previous protection strategies have been or your health history it is never too late to begin good skin care habits in the sun. Research shows that between 40-50% of Americans who live up to the age of 65 will have one type of non-melanoma skin cancer at least once. About 90% of non-melanoma skin cancers are associated with exposure to UV radiation from the sun. Therefore, using protection and staying out of the sun will greatly decrease the chances of being diagnosed with skin cancer. There is no single product or method that will guarantee protection against skin cancer. However, there is a combination of products and techniques that can be very effective. Below you will find many strategies to help your skin.

1. **Sunscreen** is the best product for your skin. Dermatologists recommend using a broad spectrum sunscreen with SPF 30 or higher applied daily. Using SPF 30 or higher has been proven to absorb 97% of harmful UV rays that are able to pass through clouds and glass. Make sure to reapply the sunscreen when sweating heavily or in water. It should also be reapplied every 2 hours if you are out in the sun for a prolonged time. Regular daily use of sunscreen reduces the risk of developing non-melanoma skin cancer by 40% and melanoma by 50%.
2. **Finding shade** is important throughout the entire day, but vital during peak sun hours which are between 10am and 4pm. Trees, umbrellas or canopies are great options for shade, but do not offer 100% protection. Staying out of direct sun exposure is a great method that will help protect your skin.
3. **Protective clothing** is another method to keep your skin safe in the sun. Clothes are re-usable and provide full body coverage unlike sun screen that must be re-applied. A hat with a wide brim can protect the eyes, ears, face and back of the neck. Look for sunglasses that have 99-100% UV-A and UV-B protection which will greatly reduce eye damage from sun exposure. Long sleeve shirts and pants are an inexpensive option to protect the skin from excess sun exposure. It is best to choose loose fitting clothing made from tightly woven material.
4. **Medications** can often have side effects that increase the risks of sun exposure. The skin can have an increased sensitivity and sun exposure must be limited or avoided completely. Skin damage can include sunburn, blisters, rashes or swelling when out in the sun. Some medications to be cautious of include antibiotics, diuretics, antidepressants, anti-psychotics and anti-diabetics. Be sure to discuss these medications and their side effects with your doctor.

There is never any complete guarantee with any of these options, however choosing a combination of the techniques and products listed will greatly reduce your risk for skin cancer. As the weather warms up and being outside is much more enjoyable (The sun is a nice alternative to the many feet of snow from the winter) remember to protect your skin first!



Kelsey Magnuson
Program Coordinator, Wellness Pathways

The Kiosk for Living Well

Many of you have had balance assessments done in the past at the Kiosk. Did you know you can get a "check up" to see what's improved and what might need more strengthening? The Falls Prevention team comes to the Kiosk once a month. In June you can meet with them on **Thursday June 1st between 10:00 and Noon**. Start the month off right!

Check your blood pressure and pulse and discuss any issues related to keeping your heart healthy with the Kiosk's bilingual healthy hearts team. They'll be at the Kiosk on **Tuesday June 13th** between 10:00 and 12:00 and also on **Thursday, June 22nd** between 10:00-12:00.

Kiosk Exercise classes take place in the Activities Room every **Tuesday and Wednesday from 12:30 to 1:30**. We want to see you there!

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

SENIOR CENTER ACTIVITIES • JUNE 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	

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SUMMER

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

AUGUST
 BARBECUE
 BASEBALL
 BEACH
 CAMPING
 FLOWERS
 FRUIT
 GARDENING
 HEAT



HIKING
 JULY
 JUNE
 PICNIC
 SUMMER
 SUN
 SWIMMING
 TRAVEL
 VACATION

JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>GLSS NUTRITION 781-586-8695</p> 	<p>ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM (more than 500mg per serving). MEALS MARKED WITH ** 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>	<p>1 Roast turkey/gravy(487) Butternut squash(24) Calories-717 Sodium-1007 ALTERNATIVE Pork/ onions & peppers (165) Calories-800 Sodium-688</p>	<p>2 Fish/ Florentine sauce(285) Steamed potato(5) Calories-627 Sodium-565 ALTERNATIVE Honey lime chicken(120) Calories-600 Sodium-420</p>
<p>5 Chicken Mirabella/ pasta (304) Salad dressing(148) Calories-900 Sodium-714 ALTERNATIVE Eggplant parm(512)* Pasta(20) Calories-800 Sodium-942</p>	<p>6 Meatloaf/gravy(370) Sweet potatoes(70) Calories-811 Sodium-930 ALTERNATIVE Lemon baked fish(330) Cauliflower(32) Calories-739 Sodium-779</p>	<p>7 Pork hotdog/roll/ mustard(920) * Coleslaw(167) Calories-754 Sodium-1434** ALTERNATIVE Beef picadillo(330) Yellow rice(180) Calories-600 Sodium-834</p>	<p>8 Chef salad/turkey(187) Butternut squash salad(10) Calories-787 Sodium-921 ALTERNATIVE BBQ pulled pork(400) Plantains(16) Calories-829 Sodium-1050</p>	<p>9 Sweet potato pollock(180) Vegetable medley(24) Calories-667 Sodium-650 ALTERNATIVE Garlic chicken(116) Mashed potato(107) Calories-660 Sodium-741</p>
<p>12 Roast beef/mushroom(400) Mashed potatoes(107) Calories-600 Sodium-584 ALTERNATIVE Pasta primavera(260) Calories-600 Sodium-636</p>	<p>13 Stuffed shells/tomato sauce(505)*, salad/dr(268) Calories-653 Sodium-1167 ALTERNATIVE Oven fried chicken(150) Calories-640 Sodium-848</p>	<p>14 Tarragon chicken salad(192) Pasta salad(215) Calories-662 Sodium-725 ALTERNATIVE Ground beef/tomato/onions- 150 Calories-748 Sodium-600</p>	<p>15 FATHER'S DAY SPECIAL Bbq pulled beef Macaroni and cheese Baked beans Fruit crisp Dinner roll Calories-800 Sodium-1094</p>	<p>16 Lemon citrus chicken(116) Sweet potato wedges(187) Calories(717) Sodium-728 ALTERNATIVE Cheese pizza(340) Calories-770 Sodium-784</p>
<p>19 Breaded Pollock(300) Butternut squash(24) Calories-819 Sodium-680 ALTERNATIVE Egg and cheese croissant (410) Calories-600 Sodium-605</p>	<p>20 Meatball sub/sauce(505)* Potato wedges(200) Calories-712 Sodium-846 ALTERNATIVE Fish/coconut sauce(290) Calories-722 Sodium-983</p>	<p>21 Roast turkey/gravy(487) Mashed potatoes(107) Calories-655 Sodium-898 ALTERNATIVE Veggie Shepherd's pie(200) Calories-600 Sodium-603</p>	<p>22 Tuna salad(417) 3-bean salad(221) Calories-876 Sodium-1072 ALTERNATIVE Macaroni and cheese(520)* Calories-878 Sodium-623</p>	<p>23 Chicken fajita(384) Spanish rice(13) Calories-717 Sodium-728 ALTERNATIVE Baked pork(106) Calories-755 Sodium-595</p>
<p>26 Hamburger/roll(520)* Salad/Caesar dressing (322) Calories-842 Sodium-1182 ALTERNATIVE Ravioli/tomato sauce(592) * Calories-632 Sodium-1040</p>	<p>27 Chilled herbed chicken(100) Orzo salad(52) Calories-878 Sodium-822 ALTERNATIVE Beef/onion(100),rice(200) Calories-850 Sodium-974</p>	<p>28 Baked haddock(220) Rice pilaf(93) Salad/dr.(262) Calories-709 Sodium-907 ALTERNATIVE Chicken/sauce(284),plantain- 16 Calories-800 Sodium-834</p>	<p>29 Chicken pot pie(135) Steamed potatoes(5) Calories-600 Sodium-558 ALTERNATIVE Spanish meatballs(373) Calories-676 Sodium-858</p>	<p>30 Sweet and sour pork(311) Fried rice(125) Calories-766 Sodium-770 ALTERNATIVE Chicken stew(190) Calories-711 Sodium-657</p>

Hair Salon

SOPHIE'S SALON

WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

WALK-IN OR APPOINTMENTS

KIOSK FOR LIVING WELL

EVERY TUESDAY & THURSDAY

10:00 AM—12:00 PM

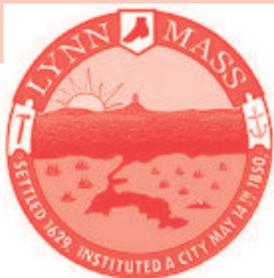
MILLION HEARTS NURSE

2ND TUESDAY & 4TH THURSDAY

*(JUNE 13TH & 22ND)

10:00 AM—12:00 PM

Capture the Pride!



WELLNESS OFFERINGS

VETERANS COFFEE HOUR

June 1st (Thurs.)

1:00 pm - 2:00 pm

Resource Library



PODIATRIST



June 22nd

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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RETURN SERVICE REQUESTED

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