

# LYNN COUNCIL ON AGING SENIOR CENTER



**March  
2017**

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

## From the Director's Desk

Help! If you are fortunate enough to feed yourself with your own home cooked meal at the prices of food today, lucky you. If you are able to go out for a sit down meal at a restaurant and pay the increased prices, lucky you. Minimum wage went up causing menu prices to go up. If you are able to afford take out once in a while, lucky you. We are happy to provide a congregate meal site here at the senior center. We know how expensive it is to operate and still offer three choices. However, we have noticed a dramatic decline in the donations for the breakfast and lunch meals. Please consider helping us in supporting the meal program. Lucky you, where can you go to get a meal for \$2? If you're lucky enough, be lucky!

Speaking of lucky, we're having corned beef dinner in honor of St. Patrick's Day. Please remember it will be on Thursday, March 16th. Expect visitors from Community Development Department City Hall here to help serve. Lucky us!

~Stacey Minchello

## From Your Mayor

As we transition from winter to spring, I hope many of you can get back outside and enjoy the warmer weather and all the cultural activities the city has to offer.

On March 2, The Classic Rock Show comes to Lynn with their brand-new show, the 'A-Z of Rock,' which takes you on a musical journey of rock anthems. Santiago Cruz will perform next at the Lynn Auditorium on March 18 and Latin Grammy award-winning singer-songwriter Franco De Vita will take the stage on March 26. For tickets or more information, please visit [www.lynnauditorium.com](http://www.lynnauditorium.com) or call the box office at 781-581-2971.

The Lynn Museum and Historical Society's new exhibit, "Heartstrings: Embracing Armenian Needlelace, Embroidery and Rugs," explores how continuing the tradition of creating intricate needlework helped Armenian women maintain cultural and family ties even amid war and genocide. It will remain up until mid-June.

Also this month, Arts After Hours will be putting on "Next to Normal," a Tony Award- and Pulitzer Prize-winning family drama about a woman dealing with mental illness, and the impact the struggle within her own mind has on her entire family. The show will run March 24 to April 8 at the LynnArts Black Box at 25 Exchange St. For more information, call 781-205-4010.

As we celebrate St. Patrick's Day, there will be several opportunities to join in the festivities throughout the city. I hope to see many of you at LHAND's annual St. Patrick's Day Luncheon or at the Ancient Order of Hibernians' annual dinner.

Be well and happy spring,  
Mayor Judith Flanagan Kennedy

**CUFFE-McGINN FUNERAL HOME**  
 Dignity  
 Member of  
 ArrowoodService  
 Corp. Inc.  
 157 Maple Street • Lynn, MA 01904  
 Tel: **781-599-3901**  
 Fax: 781-598-2143  
 www.cuffemcginn.com

**Element Care**  
 Improving Health. Enriching Lives.  
 • Primary and Specialty Medical Care  
 • Adult Day Center • In-home Support and Care  
 9 Buffum St., 62 Market St., 20 School St., 37 Friend St.,  
 Lynn, MA  
 1-877-803-5564

**BANECARE**  
 A Division of  
 ABBOTT HOUSE  
 and THE SWAMPSCOTT WING, Lynn  
 www.banecare.com • 866-747-BANE

### 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  
 Minette Lall  
 Pam Edwards  
 Joseph Bryson

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, Mar. 30<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 Shirley Comer

~ Karin Martin

In loving memory of Cheryl Donnelly's mother, Nancy Folan

~The Donnelly-Marquis and Donnelly- Debay Families

In loving memory of Nancy Folan

~The Swanson Family of Ossipee, NH

In loving memory of Nancy Folan

~ Joan B. Noble

In loving memory of Nancy Folan

~The Kelly Family

In loving memory of Nancy Folan

~Gordon & Kerrie Holden

In loving memory of Nancy Folan

~Anonymous



**PLACE YOUR  
AD HERE**



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

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

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

\_\_\_\_\_

\_\_\_\_\_

Donated by: \_\_\_\_\_



Let our team of compassionate caregivers help keep you safe at home. From homemaking to skilled nursing, when it comes to home care trust the professionals.

**A Home  
BC Healthcare<sup>®</sup>**  
Professionals

**781-245-1880**

www.abchhp.com

All services supervised by Registered Nurses.

**HELENE M. AHERN, F.S.C.**

Catholic Cemetery Assoc.

Archdiocese of Boston INC

226 North St., Salem, MA 01970

C: 781-953-6753 FX: 978-740-9528



**Hatch Hearing Aid Center**  
 "You Should Hear  
 What You're Missing"  
 152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901  
 781.599.1902 • 1.888.HEARITE (432.7483)




**CASINO TRIPS**

**Departs from Lynn Senior Center**

**Foxwoods Casino \$29**  
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 \$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

**Plainridge Casino \$20**  
8:30 am - 5:30 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
- \* Must have 40 reservations by March 10th



**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 tshirt
- 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**

***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**

**Social Network Support Study Recruitment**

**\$20 gift card for participation**

How do your friends, family, neighbors influence your health? Nursing researchers at the University of Massachusetts, Amherst would like to know by interviewing you.

If you are 65 years or older, have more than 2 chronic health conditions, live in the community and are available to take part in an interview (lasting no longer than 60 minutes) please contact Raeann LeBlanc, DNP, Nurse Researcher to learn more.

Eligible participants will receive a \$20 gift card for their time.  
**Contact Raeann at 978-808-4994 or [rgleblan@nursing.umass.edu](mailto:rgleblan@nursing.umass.edu)**

**Best Home Care**  
WE MAKE IT HAPPEN  
*Call for a free Consultation Or Visit us online*

**Home Health Services**  
45 Albion Street • Wakefield MA 01880 • 781-224-3600  
North Shore Offices Phone: 978-774-2005 • 978-777-6009  
[www.BestMakesItHappen.com](http://www.BestMakesItHappen.com)



**Place Your Ad**

**MARCH**

Thurs, March 2nd	Veterans Coffee Hour with Tom Moran Resource Library	1:00 pm – 2:00 pm
Fri, March 3 <sup>rd</sup>	<u>Informational Seminar</u> Learn about evening Adult Day Health Program at Zabota Coffee & snacks	9:30 am Carpet side of center
Tues, March 7 <sup>th</sup>	Hearing Clinic	10 am
Tues, March 7 <sup>th</sup>	Birthday Party Karaoke!	11:30 am – 1:00 pm
Thurs, March 9th	Ice Cream Social! Friends of LCOA \$\$.50	1pm
Fri, March 10 <sup>th</sup>	<u>Lunch Trip: Bella Island, East Boston</u> \$2	10:30 am
Tues, March 14th	<u>Lunch Trip: Mexico Lindo, Melrose</u> \$2	10:30 am
Weds, March 15 <sup>th</sup>	Mass Senior Action Meeting Wall Plaza	10 am

**YOUR  
AD  
HERE  
  
CALL  
TODAY**

## **Thurs, MARCH** **16<sup>th</sup>**

***Corned Beef Dinner & Irish Entertainment***  
***\$2 while supplies last***  
***Julie Dougherty, Irish songster brought to***  
***you by the FRIENDS of LCOA***

**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 online.

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.**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications  
Subsidized Elderly Housing

Call 781-593-5700

**JHARBOR**  
**90FT**  
APARTMENTS



# HAPPENINGS !

Fri, March 17th	<b>BROWN BAG Program sponsored by the BOSTON FOOD BANK</b>	10 am – 12pm
Tues, March 21 <sup>st</sup>	<b>Plainridge Casino \$20</b> Pre-paid reservation required	8:30 am – 5:30 am
Weds, March 22 <sup>nd</sup>	<b><u>Lunch Trip: Lynn Tech</u> \$2</b>	11:00 am
Thurs, March 23 <sup>rd</sup>	<b>Latino Dance Party</b>	
Mon, March 27th	<b>BINGO BONANZA \$11 per person</b> 12 games 9 cards- paper sheets only One package per person <b>Big Prizes!</b> 1pm start 11:30 am card sales until 12:50pm	
Thurs, March 31st	<b>Friends of the Lynn Council on Aging meeting</b>	10 am
Thurs, April 6th	<b>Podiatry Appointments</b>	10 am – 12 pm

# VOLUNTEER DRIVER- WHERE ARE YOU?

We're looking for a volunteer driver to drive our seniors on field trips or lunch trips.  
 Most trips are morning to midafternoon. 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

# FRIENDS MEETINGS

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.

Skilled Nursing  
 Short-Term Rehabilitation  
 Sub-Acute Care | Respite Care

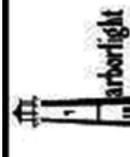
Distinctly Different  
 781-592-9667  
 111 Birch St.  
 Lynn, MA 01902  
 LCCA.com

**Life Care Center of the North Shore**  
Joint Commission accredited  
 LifeCareCenter@NorthShore.com



An Affordable Assisted Living Senior Residence

Harborlight House  
 1 Monument Square  
 Beverly, MA 01915  
 Call Us For Information  
 (978) 927-2121



Senior Homecare By Angels

Select Your Caregiver.

781-395-0023  
Angels' Choice in Homecare

Visiting Angels  
Senior Homecare

Up to 24 Hour Care  
 Meal Preparation  
 Light Housekeeping  
 Errands/Shopping  
 Respite Care for Families  
 Rewarding Companionship

Remain Comfortable in your OWN HOME!

## Wellness Watch March 2017

March is National Nutrition Month and this year's theme is, Put Your Best Fork Forward. We can all make small changes throughout the month to help our health in the long run. Older adults are often concerned about memory loss. 1 in 9 adults over the age of 65 have a diagnosis of Alzheimer's. Making changes in what you eat can make a difference in your memory. Here are four types of food that can help boost your memory:

### Eat your veggies

Broccoli, cabbage, spinach and kale may help to improve memory. Eat your vegetables fresh or frozen, cooked or raw. Get creative in how you eat them, and try new recipes!

### Eat dark berries

Dark berries such as blueberries, blackberries and cherries are good sources of anthocyanin's and flavonoids. These are big words for coloring compounds that also have been found to help with memory function. The benefits can come from fresh, frozen or dried fruits. These berries are all great snacks, can be added into hot or cold cereal or can be eaten as dessert!

### Omega-3 Fatty Acids

Omega-3 fatty acids can be found in different seafood such as salmon, Bluefin tuna, sardines and herring. DHA is a fatty acid in the brain and by eating fatty acid foods it can help improve overall brain function. Substituting fish for meat 2-3 times a week will help to incorporate it into your diet. Fish can be grilled, baked or broiled for great flavor. It can also be added onto a salad to incorporate those green vegetables!

### Walnuts

Walnuts have a positive impact on heart health and can also improve memory. Snacking on walnuts can help to satisfy hunger in between meals. They can also be added to hot cereal, a salad or a stir fry.

For more information about healthy food choices for older adults you can join a Healthy Eating workshop provided to you by Wellness Pathways. This workshop teaches you about the MyPlate food model to help with a variety a food choices and portion sizes. The workshop also includes the importance of exercise in addition to healthy eating and teaches you a variety of exercises that can be done in your own home. For more information contact:

**Kelsey Magnuson**

781-586-8530

[kmagnuson@glss.net](mailto:kmagnuson@glss.net)



## The Kiosk for Living Well

Come play some games and learn about ways you can make this month be the healthiest one of the year. You can work on developing a personal best with cognitive games or improved balance testing and get lots of encouragement along the way!

Sylvia, the Move Safe Counselor will be at the Kiosk on **Thursday, March 2<sup>nd</sup>** between 10:00 and Noon.

When was the last time you had your blood pressure checked? The Healthy Hearts nurses will be at The Kiosk on **Tuesday March 14<sup>th</sup>** between 10:00 and 12:00 and also on **Thursday, March 23<sup>rd</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 • MARCH 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

**781-581-2051**



Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

#### Ready... Set... Go! Program

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.

111 Birch St., Lynn, MA 01902  
**781.592.9667**



**SKILLED NURSING CARE \* SUBACUTE CARE \* PHYSICAL THERAPY  
OCCUPATIONAL THERAPY \* SPEECH THERAPY \* RESPITE CARE**

# Daylight Savings Time

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

Awake  
 Change  
 Clock  
 Conserve  
 Daylight  
 Early  
 Energy



Face  
 Forward  
 Hands  
 Hour  
 March  
 Minute  
 Night



One  
 Second  
 Sleep  
 Spring  
 Sunday  
 Time  
 USA

# MARCH 2017

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>1 Soup/crackers(240) Fish/tartar sauce(330) Calories-726 Sodium-990 ALTERNATIVE Soup/macaroni/cheese(285) Calories-678 Sodium-990</p>	<p>2 Roast beef/onion gravy (168) Squash(24) Peas(58) Calories(780) Sodium(573) ALTERNATIVE Lemon pepper chicken(116) Calories-723 Sodium-625</p>	<p>3 Lasagna/white sauce(400) Salad/dressing(252) Calories-610 Sodium-990 ALTERNATIVE Fish/cream sauce(290) Calories-700 Sodium-953</p>
<p>6 Honey rosemary pork(73) Auygratin potato(142) Calories-743 Sodium-596 ALTERNATIVE Garlic chicken(116) Potato,broccoli(32) Calories-722 Sodium-639</p>	<p>7 Chicken/winter vegetables (213) Wild rice(148) Calories-684 Sodium-639 ALTERNATIVE Beef picadillo(330) Plantains(16) Calories-765 Sodium-747</p>	<p>8 Salad/dressing(62) Meatball sub/sauce(704)* Calories-938 Sodium-1200 ALTERNATIVE Pasta primavera(260) Salad/dressing(62) Calories-776 Sodium-801</p>	<p>9 Roast turkey/gravy(456) Squash(24) Peas(68) Calories-656 Sodium-925 ALTERNATIVE Baked pork(106) Seasoned beans(200) Calories-780 Sodium-700</p>	<p>10 Soup/crackers(276) Fish/Florentine sauce(285) Calories-727 Sodium-881 ALTERNATIVE Soup/crackers Veg. cheddar quiche(325) Calories-727 Sodium-881</p>
<p>13 Bbq chicken(328) Corn/red pepper(5) Calories(700) Sodium(895) ALTERNATIVE Egg/cheese croissant(410) Calories-761 Sodium-977</p>	<p>14 Meatloaf/gravy(370) Mashed potatoes(101) Calories-(798) Sodium (1046) ALTERNATIVE Black bean burger/roll(860) Calories-742 Sodium-</p>	<p>15 Soup/crackers(250) Baked chicken/gravy(252) Calories-(982) Sodium-(891) ALTERNATIVE Eggplant parm./pasta(512)* Calories-892 Sodium-1150</p>	<p>16 St. Patrick's Day Special Corned beef Cabbage Carrots/turmp Potatoes/fresh parsley Brownie Irish soda bread Calories-746 Sodium-1425**</p>	<p>17 Fish/tartar sauce (397) Sweet potato wedges-187 Calories-731 Sodium-581 ALTERNATIVE Cheese pizza(340) Calories-675 Sodium-786</p>
<p>20 Soup/crackers(210) Meatballs/country gravy (156) Calories(765) Sodium(948) ALTERNATIVE Veg. stuffed pepper(100) Calories-753 Sodium-800</p>	<p>21 Apricot glazed chicken(65) Jasmine rice(4) Calories-691 Sodium-357 ALTERNATIVE Seasoned baked pork(106) Calories-718 Sodium-580</p>	<p>22 Hot dog/roll/mustard(946)* Baked beans(206) Calories-774 Sodium-1335** ALTERNATIVE Macaroni &amp; cheese(285) Calories-600 Sodium-620</p>	<p>23 Soup/crackers(272) Lasagna/meatsauce(355) Calories-650 Sodium-907 ALTERNATIVE Soup,chicken/sauce(100) Calories-703 Sodium-636</p>	<p>24 Fish/tartar sauce(330) Cheddar potatoes(136) Calories-730 sodium-1080 ALTERNATIVE Spanish meatballs(326) Calories-704 Sodium-1037</p>
<p>27 Chicken curry(413) Rice(200) Mixed veg.(24) Calories-980 Sodium-997 ALTERNATIVE Veggie enchilada(290) Rice(200) Calories-600 Sodium-644</p>	<p>28 Soup/crackers(185) Pot roast/gravy(112) Calories-803 Sodium-847 ALTERNATIVE Soup/crackers Chicken/yellow rice(464) Calories-810 Sodium-1092</p>	<p>29 Pork raguout/pasta(164) Green &amp; yellow beans(5) Calories-672 Sodium-433 ALTERNATIVE Beef/chimuchurri sauce(140) Plantains(16) Calories-706 Sodium-426</p>	<p>30 Lemon thyme chicken(116) Roasted potatoes(121) Calories-696 Sodium-510 ALTERNATIVE Egg &amp; cheese croissant(410) Corn/red peppers(5) Calories-600 Sodium-674</p>	<p>31 Soup/crackers(70) Veg./cheese quiche(325) Calories-880 Sodium-882 ALTERNATIVE Soup/crackers Fish/sauce(220),rice(200) Calories-746 Sodium-800</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  
*\*(MARCH 14TH & 23RD)*  
10:00 AM—12:00 PM

Capture the Pride!



# WELLNESS OFFERINGS

## VETERANS COFFEE HOUR

**March 2nd**

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  
LYNN, MASSACHUSETTS 01901  
(781) 599-0110

RETURN SERVICE REQUESTED

NON-PROFIT  
U.S. POSTAGE

**PAID**

LYNN, MA  
PERMIT NO. 56