

LYNN COUNCIL ON AGING SENIOR CENTER



**November
2017**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

November already! It seems like summer was just yesterday. The Senior Center will be braving the cold to bring you programs and trips that make it worth the temperature. Our annual Pull-A-Pop is this month, and we look forward to seeing all of our winners! We will also be taking trips to the mall to get your holiday shopping done and a lunch trip to Andy's Breakfast and Lunch.

What are you thankful for? I asked around the senior center and got lots of different answers: "my health", "my family", and "this sandwich", "our service men and women", "Tom Brady", and "good luck on Bingo days".

November is National Caregiver Appreciation Month. I, for one, am thankful for all of the wonderful caregivers that go out of their way to ensure that their families and friends are living their healthiest, happiest lives. They work extremely hard, often working around the clock to provide excellent care. Take some time this month to stop and say "Thank You" to someone who has made a difference by providing care at home to someone who needs them.

~Stacey Minchello

From Your Mayor

Is there anything more beautiful than fall in New England? Every year, it seems like Mother Nature is spoiling us with the foliage and extended warm weather, before that first burst of winter appears.

There are quite a few shows taking place at the Lynn Auditorium this month. R&B singer Keith Sweat will perform on Nov. 4, followed by music icon Gladys Knight on Nov. 12. We also have Brit Floyd on Nov. 13 and Theresa Caputo on Nov. 17. For more information, please visit www.lynauditorium.com or call the Box Office at 781-581-2971.

With temperatures beginning to drop, it's even more important to take precautions against the flu. We'll be offering a free flu clinic on Nov. 9 at the Lynn Lynn Vocational Technical Institute field house from 11 a.m. to 1 p.m.

As we observe Veterans' Day this month, we honor the dignity these men and women have earned through their service to our nation. As always, we will have a ceremony in the Auditorium of City Hall with musical performances by the Lynn Public Schools Band and a drill presentation by the Lynn English JROTC.

Also this month, we celebrate Thanksgiving. I hope each of you enjoys some time with family members in appreciation of all the wonderful blessings in your lives.

Best wishes,

Mayor Judith Flanagan Kennedy

Dignity
HEALTHCARE

CUFFE-McGINN
FUNERAL HOME

157 Maple Street • Lynn, MA 01904
 Member of
 AddressBookService
 Corp. Inc.
 Tel: **781-599-3901**
 Fax: 781-598-2143
 www.cuffemcginn.com

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

Erica Brown
 Program Coordinator ext. 618

Rosa Paulino-Diaz
 Activities Assistant ext. 625

Hours of
Operation:

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

LCOA Board of Directors

Arthur Akers
Minette Lall
Lester McClain
Joseph Bryson
Pam Edwards
Frank LaMacchia
Charles Mitchell
Marlene Vasi Eddy

President
 Vice President
 Clerk

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

FRIENDS of LCOA Executive Board

Joan B. Noble
Ann Breen
Katherine Brown
George Harvey
Anna Szpak

President
 Vice President
 Treasurer
 Recording Secretary
 Membership Secretary

Meets last
Thursday of the
month

Meeting Dates: Nov 30 Dec 28 Jan 25 Feb 22
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.

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

Tired of waiting for the mail?

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

Click City Hall

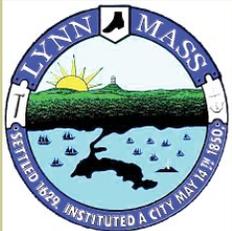
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

Like us on Facebook!



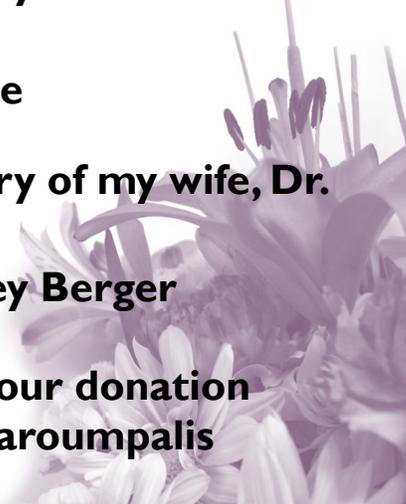
[WWW.FACEBOOK.Com/LYNNSENIORCENTER](https://www.facebook.com/LYNNSENIORCENTER)

IN LOVING MEMORY

In loving memory of Louis DeSouza Sr.
~Joan Noble

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

Thank you for your donation
~ Sophie Karoumpalis



DEDUCTIBLE DONATION

GE matches all donations made

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

Person's Name: _____

Send card to: _____

Donated by: _____

**Place
Your Ad
Today!**



Home Healthcare Professionals

Private customized home care services specializing in elderly and chronic care

For more information or FREE no-obligation assessment call

781-245-1880

online at www.abchhp.com

233 Albion Street Wakefield

Committed to Life at Home

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)

**YOUR
 AD
 HERE
 CALL
 TODAY**

7 Liberty Square • Lynn, Massachusetts
 Now Accepting Applications
 Subsidized Elderly Housing
 Call 781-593-5700

CASINO TRIPS

Foxwoods \$29
Nov 21st (40 people must reserve a seat by Nov 9th)
 6:30am-6:30pm



***** PLEASE NOTE EFFECTIVE JUNE 1ST, 2017 CASINO RESERVATION REFUNDS WILL ONLY BE ISSUED IF YOU CANCEL 24hrs IN ADVANCE AND WE SELL YOUR SEAT THE DAY OF. ****

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

SENIOR TAX ABATEMENT WORK OFF PROGRAM

Applicants for the Senior Citizen Property Tax Work- Off Abatement must be 60 years of age as of July 1st and a homeowner or spouse of a homeowner in the City of Lynn for a minimum of 5 years. Income eligibility is based on the state Circuit Breaker guidelines: below \$56,000 for single homeowner; \$84,000 for couple. Copy of income tax return and a picture ID is required with application. If no tax return filed, applicant must submit an IRS Form 4506-T for verification of non-filing. City employees (individuals on the municipal payroll, full or part time) and their immediate family are not eligible for this program. C.O.R.I check, Privacy Statement, and Confidentiality Agreement required. Applications are available online at www.ci.lynn.ma.us and at the senior center and must be filed at the Mayor's Office no later than January 31st of the fiscal year to participate in the pro-gram. Maximum annual abatement of property taxes shall not exceed \$600 for 54.54 hours. Program begins December 1 and ends November 30 or once the applicant earns gross wages of \$600. Abatement is applied to the first tax bill of the following year. Applicants must apply and be subject to the lottery process annually for participation in the program.

Questions? Call Erica at 781-586-8618.

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 Sandra (781-586-6518) and have your name and info added to a list for a home visit. Sponsored by the Lynn Fire Department.

OPEN ENROLLMENT

DON'T IGNORE YOUR MEDICARE MAIL

It's that time of year! If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you will receive information from your plan by the end of September. Please **understand** and **save** this information regarding **changes** in your plan for 2018.

During Medicare Open Enrollment (**October 15 - December 7**), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. There will be group presentations... and/or you may schedule a phone or in-person appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. *To schedule a SHINE appointment, call the senior center at 781-586-8518 or 1-800-AGE-INFO (1-800-243-4636) ... then press or say 3.* If you get the SHINE answering machine, leave your name and number. A counselor will call you back, as soon as possible.

Call early to receive a pre-enrollment form and make that appointment... and bring your Medicare and insurance cards and complete list of your medications.

DO NOT WAIT UNTIL IT'S TOO LATE!

BOSTON POPS HOLIDAY SHOW

Thursday, December 7th

Bus departs from the Lynn Senior Center, 8 Silsbee St, Lynn promptly at

2:30 pm

4pm Matinee Show

Approximate return time to Lynn- 7 pm

No food or beverages allowed inside the Symphony Hall

Silence cell phones and no cameras or recording devices allowed

\$60 paid in full—no refunds unless we sell your seat

Sign up in the senior center before tickets are sold out!



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

Free Popcorn & Soda

Wide Screen Plasma Home Theatre System

Nov 1	Hidden Figures	2016	PG	127 min
Nov 8	Tuesdays with Morrie	1999	PG	89 min
Nov 15	Me Before You	2016	PG 13	110 min
Nov 22	The Light Between Oceans	2016	PG 13	133 min
Nov 29	Jumanji	1995	PG	104 min



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.





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

Place Your Ad

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)




**YOUR
AD
HERE
CALL
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing

Call 781-593-5700

JHARBOR
90FT
APARTMENTS



NOVEMBER HAPPENINGS

- Thu Nov 2** Lunch Trip: Andy's Breakfast and Lunch \$2 10:30am-12:15pm
Lynn, MA
- Tue Nov 7** Uke Can Do it! Ukulele Lessons 11:00am—11:00am
Local Ukulele Meetups will join us to help kick off the program
- Tue Nov 7** Birthday Karaoke 11:30am—1:00pm
- Wed Nov 8** Project Bread 9:30am—10:30am
Free Workshop—learn about Food Stamps resources
- Thu Nov 9** Veteran's Omelet Breakfast 8:00am—9:00am
- Thu Nov 9** Ice Cream Social \$0.50 1:30pm—3:00pm
- Fri Nov 10** **Veteran's Day Observance—SENIOR CENTER CLOSED**
- Mon Nov 13** **Holiday Party Ticket Sales Begin** \$5 9:00am
- Mon Nov 13** Bingo Bonanza \$11-12 games 1:00pm
9 cards- paper sheets only
Card sales start at 11:30am
- Tue Nov 14** Holiday Shopping Trip: South Shore Mall \$2 10:00am—2:30pm
Braintree, MA
- Wed Nov 15** Mass Senior Action Meeting 10:00am
Wall Plaza, Lynn MA
- Thu Nov 16** Pull-a-Pop 12:00pm—1:00pm
Sponsored by: FRIENDS of the LCOA
- Fri Nov 17** Brown Bag 9:30am—12:00pm
Sponsored by:
GREATER BOSTON FOOD BANK
- Fri Nov 17** Walgreens Flu Shot Clinic 9:00am—12:00pm
- Tue Nov 21** Foxwoods Casino \$29 6:30am—6:30pm
- Thu Nov 23** **Thanksgiving—SENIOR CENTER CLOSED**
- Mon Nov 27** Bingo Bonanza \$11-12 games 1:00pm
9 cards- paper sheets only
Card sales start at 11:30am

ANNUAL HOLIDAY PARTY



Happy Hanukkah! Merry Christmas! Happy Kwanza!
 WEDS, DECEMBER 13th, 2017

Tickets \$5

Entertainment by Denise Doucette
 Catered by Affairs Catering

Purchase your ticket in person on Monday, November 13th
 Starting at 9:00am

registered participants only, limited seating.

First come- First Serve.

This event is generously sponsored by the
 FRIENDS of Lynn Council on Aging



**YOUR
 AD
 HERE**

**CALL
 TODAY**

Current Long-Term Care Ombudsman Volunteer Position

Are you or anyone you know interested in helping make a difference in the lives of those living in long-term care settings? If so, becoming a state trained and certified Ombudsman may be the right choice for you.

Volunteer ombudsmen visit and listen to residents' concerns as well as problem-solve. Many residents of long-term care facilities sometimes have little or no contact with the outside world and some have few visitors. An ombudsman volunteer who visits regularly can make a huge difference in the quality of life of a resident.

Ombudsmen:

- are advocates for those living in local nursing and rest homes
- investigate and help resolve residents' complaints
- empower residents to help themselves
- educate residents and family members about their rights

work to ensure facilities are fulfilling their responsibilities and meeting the residents' needs

If you are interested in volunteering in the Greater Lynn Senior Services area please contact:

Jillian O'Brien

Long-Term Care Ombudsman Program Director

Phone: 781-586-8548

JO'Brien@glss.net

MOVE SAFE CLASS

The Move Safe Class will begin on **November 6, 2017 at 12:00pm** and will run for one hour until 1:00pm every week for 8 weeks. The class will incorporate exercises specifically designed to support **Fall Prevention**. You will be able to measure your individual progress in strengthening balance and coordination by utilizing some simple assessments created by the Center Disease Control. You will also have the opportunity to learn much about common chronic diseases and how they may impact falls prevention by using fun activities on the iN2L platform (a very fun machine!) as well as through the variety of short and interesting Kiosk for Living Well e-Tools developed by GLSS. Come and enjoy a free hour with friends, gaining and sharing knowledge and increasing endorphins. And if you don't know what endorphins are, then you will learn that too in the class. The class will be taught by GLSS employees; Sylvia Colovos, B.S. Gordon College; and Dacise Jean-Simon, Community Health Worker.

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

Remain Comfortable in your OWN HOME!

Up to 24 Hour Care
 Meal Preparation
 Light House-keeping
 Errands/Shopping
 Respite Care for Families
 Rewriting Copositionship

Visiting Angels

Wellness Watch October 2017

Thanksgiving is right around the corner, which means lots of food and time with friends and family. Food is a very social experience, but as a nation we need to make better choices with what we eat. Healthy recipes can be easy and taste great! This month I wanted to share with you two new recipes

Roasted Chicken with Potatoes and Butternut Squash

Ingredients

2 tablespoons minced garlic, divided
1 teaspoon salt, divided
3/4 teaspoon freshly ground black pepper, divided
1/2 teaspoon dried rubbed sage
1 (3 1/2-pound) roasting chicken
12 ounces red potatoes cut into wedges
1 1/2 cups cubed peeled butternut squash (about 8 ounces)
2 tablespoons butter, melted

Instructions

1. Preheat oven to 400°.
2. Combine 1 1/2 tablespoons garlic, 1/2 teaspoon salt, 1/2 teaspoon pepper, and sage in a small bowl. Remove and discard giblets and neck from chicken. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Lift wing tips up and over back; tuck under chicken. Rub garlic mixture under loosened skin. Place chicken, breast side up, on rack of a broiler pan coated with cooking spray. Place rack in broiler pan.
3. Combine potatoes, squash, butter, 1 1/2 teaspoons garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Arrange vegetable mixture around chicken. Bake at 400° for 1 hour or until a thermometer inserted into meaty part of thigh registers 165°. Let stand 10 minutes. Discard skin.

No Bake Pumpkin Oatmeal Cookies

Ingredients

3/4 cup quick oats
1/2 cup oat flour (or make your own by blending oats in a food processor until they become powder. Measure after blending.)
1/4 tsp salt
1/4 tsp baking soda
1/4 cup sugar
1/4 tsp cinnamon
1/3 cup canned pumpkin (or sweet potato puree)
2 to 2 1/2 tablespoons milk of choice, as needed
1 tablespoon oil
1/2 tsp pure vanilla extract
Optional: a pinch pumpkin pie spice and/or handful mini chocolate chips

Instructions

Combine all dry ingredients and stir very well. In a separate bowl, combine all liquid (including pumpkin). Then stir to combine, and form into balls or cookies. Or put in the fridge to firm up a little before forming cookies.



Uke Can Do It!



Learn to play the Ukulele for free! We will begin lessons **November 7th from 10:00am-11:00am**. Learn to play and perform with other Ukulele groups from the area. Instruments will be provided.

Pull-a-pop

Thursday, NOVEMBER 16th

12 noon \$1 per chance or 6 chances for \$5

Pull a pop, if stem is colored- win a gift card!

~Sponsored by the FRIENDS of the Lynn Council on Aging

ALL Proceeds benefit the Lynn Senior Center!

Donors and businesses will be listed in the Dec newsletter.



SENIOR CENTER ACTIVITIES • NOVEMBER 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 LUNCH	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 LUNCH
12:00-1:00 SPORTS CLUB	10:45-12:30 LUNCH	10:45-12:30 LUNCH	10:45-12:30 LUNCH	11:30-12:15 EXERCISE CLASS
1:00-2:45 BINGO	12:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	1:00-2:45 BINGO
	1:30 BILLIARDS CLUB	12:30 - 2:00 MOVE SAFE CLASS	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
		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

SPICES

E	N	U	T	M	E	G	A	L	L	I	N	A	V
T	S	C	H	I	V	E	S	S	N	V	A	Y	P
R	E	E	U	G	N	N	P	H	N	I	M	N	A
N	P	Y	A	B	N	I	A	M	N	O	S	T	R
A	E	M	N	N	Y	T	N	V	A	L	A	H	S
I	P	O	R	O	R	E	G	A	N	O	A	Y	L
E	P	G	L	C	I	S	B	A	S	I	L	M	E
S	E	E	O	L	A	O	E	C	S	A	E	E	Y
A	R	N	Y	N	O	G	A	R	R	A	T	Y	A
E	A	R	E	A	T	L	G	M	I	N	T	C	I
O	A	N	G	G	E	E	A	A	I	E	N	I	M
T	Y	R	A	M	E	S	O	R	T	O	O	Y	E
T	E	E	S	E	A	R	M	B	N	C	O	T	E
V	I	M	I	N	O	M	A	N	N	I	C	T	R

ROSEMARY

PARSLEY

BASIL

CHIVES

OREGANO

TARRAGON

CINNAMON

MINT

PEPPER

SAGE

BAY

NUTMEG

THYME

VANILLA

NOVEMBER 2017

Requested Donation is \$2.00 per meal

Greater Lynn Senior Services COMMUNITY CAFÉ MENU – NOVEMBER 2017

GLSS NUTRITION
781-586-8695

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 Chicken piccata(116) Soup/crackers(150) Calories-716 Sodium-706 ALTERNATIVE Black bean burger(540)* Calories-740 Sodium-1130</p>	<p>2 Baked haddock(220) Roasted potato(121) Calories(600) Sodium(605) ALTERNATIVE Chicken stew(190) Calories-660 Sodium-640</p>	<p>3 Swedish meatballs(375) Mashed potatoes(107) Calories-656 Sodium-873 ALTERNATIVE Beef/onions(100) Calories-680 Sodium-800</p>
<p>6 Turkey divan(224) Pasta(20) Calories-840 Sodium-580 ALTERNATIVE Pasta/cheese sauce(177) Broccoli(10) Calories-722 Sodium-639</p>	<p>7 Beef chili/vegetables(348) Baked potato(22) Calories-850 Sodium-937 ALTERNATIVE Egg and cheese croissant(410) Potato wedges(200) Calories-600 Sodium-747</p>	<p>8 Boneless pork chop/gravy-94 Soup/crackers(70) Calories-750 Sodium-548 ALTERNATIVE Fish/tomato onion sauce-220 Yucca(17) Calories-747 Sodium-555</p>	<p>9 Chicken pot pie(135) Parsley potatoes(5) Calories-600 Sodium-500 ALTERNATIVE Cheese pizza(106) Carrots(65) Calories-683 Sodium-817</p>	<p>10 HOLIDAY NO MEAL SERVICE</p>
<p>13 Lasagna/tomato sauce(405) Zucchini(15) Calories-530 Sodium-662 ALTERNATIVE Garlic chicken(116) Calories-691 Sodium-520</p>	<p>14 Boneless cranberry chicken(328) Rice pilaf(93) Calories-696 Sodium-860 ALTERNATIVE Pasta primavera(200) Calories-700 Sodium-620</p>	<p>15 Pork hot dog/roll(886)* Coleslaw(167) Calories-662 Sodium-1296** ALTERNATIVE Carne guisada-(beef)-(422) Calories-653 Sodium-808</p>	<p>16 Thanksgiving Special Roast turkey/gravy Mashed potatoes Stuffing Butternut squash Apple crisp Dinner roll Calories-745 Sodium-834</p>	<p>17 Fish/tartar sauce (367) Soup/crackers(185) Calories- 819 Sodium-900 ALTERNATIVE Honey lime chicken(116) Calories-675 Sodium-650</p>
<p>20 Meatballs/teriyaki glaze(479) Fried rice(125) Calories(726) Sodium(1060) ALTERNATIVE Chicharrones(pork)-(100) Calories-753 Sodium-800</p>	<p>21 Roast beef/gravy(84) Golden mashed potatoes(107) Calories-640 Sodium-704 ALTERNATIVE Veggie Shepherd's pie(106) Calories-718 Sodium-580</p>	<p>22 Pulled pork/BBQ sauce(701) Soup/crackers(189) Calories-900 Sodium-1020 ALTERNATIVE Bean/cheese enchilada(285) Calories-600 Sodium-620</p>	<p>23 HOLIDAY NO MEAL SERVICE</p>	<p>24 Stuffed pepper(175) Soup/crackers(271) Cal.-859 Sodium-1291** ALTERNATIVE Lemon fish(326) Calories-704 Sodium-1037</p>
<p>27 American chop suey(316) Salad/dressing(68) Calories-900 Sodium-859 ALTERNATIVE Chicken stew(190) Rice(200) Calories-792 Sodium-680</p>	<p>28 Macaroni and cheese(520)* Glazed carrots(124) Calories-605 Sodium-979 ALTERNATIVE Seasoned pork(106) Spanish beans(200) Calories-677 Sodium-742</p>	<p>29 Chicken/yellow rice(254) Sautéed greens(86) Calories-636 Sodium-612 ALTERNATIVE Ravioli/tomato sauce(592)* Sautéed greens(86) Calories-750 Sodium-911</p>	<p>30 Beef picadillo(330) Soup/crackers(192) Calories-800 Sodium-1073 ALTERNATIVE Egg & cheese croissant(410) Broccoli(10) Calories-653 Sodium-937</p>	

MENU SUBJECT TO CHANGE WITHOUT NOTICE

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
FALLS PREVENTION SPECIALIST
NOV 2ND

MILLION HEARTS NURSE

2ND TUESDAYS & 4TH THURSDAYS
10:00 AM—12:00 PM

Capture the Pride!



WELLNESS OFFERINGS

VETERANS COFFEE HOUR

Tue, Nov 7th
1:00pm - 2:00pm



PODIATRIST



Thurs., November 16th
10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD SUGAR & BLOOD PRESSURE

Every Wednesday
8:00 am - 9:00 am



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