

LYNN COUNCIL ON AGING SENIOR CENTER



**September
2017**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Welcome Erica Brown! Come in and say hello to our new Program Coordinator. We are excited to bring her onboard. She has a Psychology and Gender Studies degree from Stonehill College as well as Council on Aging experience.

She is eager to learn what we do here, listen to your ideas, as well as start some new activities and programs. AND, YES! She will be trained to drive the bus! I know a lot of you have been very patient waiting for us to ramp up our trips again!

We'll be out and about soon!

An update on the resetting of the rooms, the tv in the game room should be up soon with cable tv and newer features where we will be able to access local channels and even streamline movies. The wii will return as well. The temporary tvs will remain in place as we use them for workshops and morning news. The scan computer will be moved to the new front desk. Slowly but surely we are coming along!

~ **Stacey Minchello**

From Your Mayor

Fall is always such a beautiful time in New England, particularly here on the North Shore. I hope you're enjoying the first glimpses of red and orange as the leaves start to turn and the cooler temperatures set in.

As Essex County celebrates Trails and Sails — two weekends of walks and waters, starting Sept. 15 — we will be hosting a number of events here in Lynn, including guided tours of the Lynn Museum, a photography walking tour of the downtown, a walking tour of registered historical places, a walk through Lynn Woods, historical tours of Pine Grove Cemetery and more. It's a wonderful time to explore all of the wonders right in our own backyard.

At the Lynn Auditorium, the Gipsy Kings will perform on Sept. 14, followed by Sal "The Voice" Valentinetti on Sept. 16. For tickets or more information, please visit www.lynnauditorium.com or call the box office at 781-581-2971.

There's also still time to visit the Lynn Central Square Farmers' Market, which is open every Thursday through October from 11 a.m. to 3 p.m. on the corner of Union and Exchange streets.

Finally, I hope you'll join me in welcoming back our students and teachers as they begin this new school year. I wish all of them the best as they continue to work hard and make this city proud.

Enjoy this wonderful time of year,
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:	Meet the Staff:	Hours of Operation:
Executive Office of Elder Affairs & City of Lynn	Stacey Minchello Director 781-599-0110 ext. 503 Erica Brown Activities Assistant ext. 625 Rosa Paulino-Diaz Program Coordinator ext. 618	Monday thru Friday 8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers	President	Meets 4th Wednesday monthly at 11:30 a.m.
Minette Lall	Vice President	
Lester McClain	Clerk	
Joseph Bryson		
Pam Edwards		
Frank LaMacchia		
Charles Mitchell		

FRIENDS of LCOA Executive Board

Joan B. Noble	President	Meets last Thursday of the month		
Ann Breen	Vice President			
Katherine Brown	Treasurer			
George Harvey	Recording Secretary			
Anna Szpak	Membership Secretary			
Meeting Dates:	Sept 28	Oct 26	Nov 30	Dec 28
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.				

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

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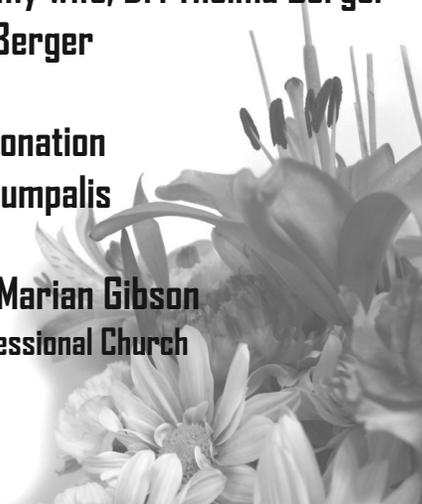
WWW.FACEBOOK.Com/LYNNSENIORCENTER

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 Marian Gibson
~Century Congressional Church



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: _____

Send card to: _____

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CASINO TRIPS

Departs from Lynn Senior Center

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

Foxwoods Casino \$29
 Sept 19th Nov 21st

6:30 am – 6:30 pm

\$10 Free Slot Play
 \$10 Food coupon or free meal at the buffet
 (Foxwoods reservation, need 40 by Sept 8th)



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

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

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**

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 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!

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

Free Popcorn & Soda Wide Screen Plasma Home Theatre System

Sep 6	Florence Foster Jenkins	2004	PG	104 mins
Sep 13	The Space Between Us	1958	G	116 mins
Sep 20	Walk the Line	2016	PG-13	126 mins
Sep 27	Indiscreet	2016	R	135 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.





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

SEPTEMBER HAPPENINGS

**YOUR
AD
HERE

CALL
TODAY**

Sept 4	Labor Day	Senior Center is closed
Sept 6	Lobster Luncheon Cruise	\$70 9:30am – 3:30pm
	Pre-paid reservation required	
Sept 7	Veterans Coffee Hour	1pm
	Resource Library	
Sept 7	ZUMBA Returns!!!!	1pm
Sept 11	Bingo Bonanza	\$11-12 games 1pm
	9 cards- paper sheets only	
	Card sales start at 11:30am	
Sept 12	Birthday Karaoke	11:30am – 1pm
Sept 13	Lunch Trip: Flaming Grille	\$2 11:00am – 1:30pm
Sept 14	Ice Cream Social	\$.50 1:30pm
Sept 14	Red Sox Fenway Park Trip	\$55 10am – 5:45pm
Sept 15	Brown Bag	9:30am – 12:00pm
	Sponsored by:	
	GREATER BOSTON FOOD BANK	
Sept 19	Foxwoods Casino	\$29 6:30am – 6:45pm
	(need 40 passengers paid in full by Aug 4th to run this trip)	
Sept 21	Entertainment: Denise Doucette	12:30pm – 1:30pm
Sept 25	Bingo Bonanza	\$11-12 games 1pm
	9 cards- paper sheets only	
	Card sales start at 11:30am	
Sept 26	Lunch trip: Cracker Barrel	\$2 9:30 am – 1:30pm
	Tewksbury	
Sept 27	Lynn Council on Aging	11:30am
	Board of Directors Meeting	
Sept 28	FREE Workshop!	9:30am
	Independent Living Center of the North Shore & Cape Ann	
	Learn about their programs and offerings.	
Sept 28	Friends of the Lynn Council on Aging meeting	10 am

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing

90FT

APARTMENTS

Call 781-593-5700



Lynn Senior Center Excursion

Beauport Princess

Gloucester Lobster Luncheon & Cruise with Entertainment

New England Clam Chowder, Steamed Lobster, BBQ Chicken, Corn on the Cob, Potatoes, Dessert Cash Bar

\$70.00

Weds, September 6th

PICK UP and Payments at:

9:30 am	Lynn Senior Center	8 Silsbee Street, Lynn
10:00 am	St. Stephen's Tower	25 Pleasant Street, Lynn

Board boat at 11 am - Sails until 2pm
Approximate return time to Lynn 3:30

Limited seating – Reserve early Seats will sell fast!

**Final sale- only will reimburse if your seat is sold
Questions? Call 781-586-8518**

Name _____ tele _____

Address _____

Emergency Contact:
Name _____ tele _____

Payment: check cash Pick up: Sr Ctr St. Stev # _____

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Wellness Watch September 2017

The Dimensions of WELLNESS FESTIVAL

Thursday, September 28, 2017, from 11 a.m. – 2 p.m.

Museum Park at Lynn Museum, 590 Washington Street, Lynn, Mass.

Hosted by



CHAIR MASSAGE, ZUMBA, AND MORE

RAFFLES AND ACTIVITIES

in partnership with



Greater Lynn Senior Services



To learn more about sponsorship opportunities, visit www.glss.net or contact Kelsey Magnuson at 781-586-8530 or kmagnuson@glss.net

SENIOR CENTER ACTIVITIES • SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 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	12:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
	1:30 BILLIARDS CLUB	12:30 - 2:00 MOVE SAFE CLASS	12:30-2:30 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO
		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



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SOFTBALL

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

CATCHER

FIRST

SECOND

THIRD

PITCHER

SHORT STOP

POP FLY

GROUNDER

LEFT FIELDER

HOMERUN

BALL

BASE HIT

RBI

BUNT

COACH

UMPIRE

OUT



SEPTEMBER 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>4</p> <p>LABOR DAY HOLIDAY NO MEAL SERVICE</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>5</p> <p>Stuffed shells/ sauce(409) Salad/dressing(168) Calories-755 Sodium-1106 ALTERNATIVE Oven fried chicken(150) Beans(206) Salad/dr(168) Calories-719 Sodium-1056</p>		<p>SEPTEMBER IS NATIONAL SENIOR CENTER MONTH!</p>	<p>1</p> <p>Potato Pollock/sauce(397) Mashed potato(107) Calories- 797 Sodium-785 ALTERNATIVE Chicken stew(190) Calories-750 Sodium-650</p>
<p>11</p> <p>Breaded Pollock/ sauce(317) Salad/dressing(62) Calories-750 Sodium-721 ALTERNATIVE Honey mustard chicken(143) Calories-800 Sodium-747</p>	<p>12</p> <p>Turkey/gravy(487) Mashed potato(107) Calories-(665) Sodium(948) ALTERNATIVE Pasta primavera(260) Calories-600 Sodium-610</p>	<p>13</p> <p>Tuna salad(417) 3-beans salad(221) Calories-(821) Sodium-(942) ALTERNATIVE Ground beef/tomato(150) Calories-678 Sodium-630</p>	<p>7</p> <p>Roast beef/gravy(100) Cheddar potatoes(136) Calories-600 Sodium-630 ALTERNATIVE Garlic baked fish(194) Potato Brussel sprouts(12) Calories-608 Sodium-730</p>	<p>15</p> <p>Chicken fajita(275) Spanish rice(13) Calories- 756 Sodium-600 ALTERNATIVE Beef picadillo(330) Calories-700 Sodium-871</p>
<p>18</p> <p>Hamburger/roll(600)* Salad/dressing(62) Calories-796 Sodium-920 ALTERNATIVE Garlic chicken(116) Calories-630 Sodium-600</p>	<p>19</p> <p>Chicken pot pie(135) Red bliss potato(5) Calories-600 Sodium-500 ALTERNATIVE Beef/BBQ sauce(209) Calories-620 Sodium-538</p>	<p>20</p> <p>Baked haddock(220) Salad/dressing(262) Calories-709 Sodium-847 ALTERNATIVE Beef/chimichurri sauce(140) Calories-786 Sodium-827</p>	<p>SEPTEMBER SPECIAL Chicken parmesan Fetuccini noodles Zucchini/summer squash Baked dessert Breadstick Calories-832 Sodium-898</p>	<p>22</p> <p>Sweet & sour pork(205) Fried rice(125) Calories-766 Sodium-770 ALTERNATIVE Chicken/yellow rice(250) Calories-650 Sodium-610</p>
<p>25</p> <p>Fish/tomato & peppers(200) Salad/dressing(62) Calories-800 Sodium-600 ALTERNATIVE Egg/ cheese croissant(410) Potato wedges(200) Calories-708 Sodium-811</p>	<p>26</p> <p>Teriyaki meatballs(540)* Jasmine rice(4) Calories-680 Sodium-848 ALTERNATIVE Beef Ionions(100) Rice(200) Calories-800 sodium-808</p>	<p>27</p> <p>Cheese ravioli/ sauce(592)* Mixed veg.(24) Calories-600 Sodium-1098 ALTERNATIVE Chicken/tomato sauce(160) Plantains(16) Calories-703 Sodium-680</p>	<p>28</p> <p>Orange chicken(100) Mashed potato(107) Calories-620 Sodium-518 ALTERNATIVE Veggie Shepherd's pie(135) Green beans(5) Calories-646 Sodium-600</p>	<p>29</p> <p>American chop suey(316) Salad/dressing(262) Calories-900 Sodium-1136 ALTERNATIVE Chicken stew(190) Rice(200) Calories-805 Sodium-900</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
**(NO SALON HOURS
SEPT 13TH)**

KIOSK FOR LIVING WELL

EVERY TUESDAY &
THURSDAY

10:00 AM—12:00 PM

MILLION HEARTS NURSE

2ND TUESDAYS &
4TH THURSDAYS

10:00 AM—12:00 PM

Capture the Pride!



WELLNESS OFFERINGS

VETERANS COFFEE HOUR

Thurs., September 7th

1:00 pm - 2:00 pm

In Resource Library



PODIATRIST



Thurs., October 5th

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

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