



# Lynn Senior Center Newsletter

LCOA Senior Center • 8 Silsbee Street, Lynn, MA 01901

781.599.0110

**OCTOBER 2010**  
ISSUE 170  
PUBLISHED MONTHLY

HONORABLE JUDITH F. KENNEDY  
Mayor of Lynn

STACEY MINCHELLO  
Editor / Senior Center Director

This Publication is sponsored financially by the City of Lynn & the Executive Office of Elder Affairs

## FROM THE MAYOR....

Students are back in school, 90-degree days are gone – for this year anyway – and the leaves will soon be turning colors. Fall is upon us.

There are several events coming up that I hope you can take advantage of. The annual Meet Me Downtown festival is Saturday, Sept. 25 from noon to 5 p.m. in Central Square. There will be food, bands, artwork and vendors. This is a great opportunity to get out and enjoy yourself in the heart of our city.

Continuing a tradition we started several months ago, we will be raising the flag of Italy in City Hall Square on Friday, Oct. 8 at 11 a.m. I invite all of you, especially those of Italian descent, to come down for the flag-raising ceremony.

One of the great traditions of the fall season is the return of high school and youth football to Manning Field. For those who have not yet seen the new Manning Field and may remember the old Manning Bowl, I encourage you to come down and take in a game. I think you will be impressed with the facility.

On Oct. 21, the annual Boy Scouts breakfast will be held. Among those to be honored are Joe Picano, the longtime director of the Lynn Public Schools band, and Eugene Schneeberg, director of Straight Ahead Ministries.

Another rite of fall is elections. Regardless of your affiliation, I urge you to exercise your right to vote on Nov. 2.

Best wishes,  
*Mayor Judith Flanagan Kennedy*



## ABBOT HOUSE

*This bunch thanks you a whole bunch for making our senior center week special! Your generosity in donating gift cards for the Bingo Bonanza is appreciated. We look forward to seeing you at the senior center on:*

**November 3rd  
10:45 a.m. to 12:30 p.m.**

**FREE LUNCHEON  
compliments of  
ABBOTT HOUSE!!!!**

**Come see Chef Hope perform a  
cooking demonstration!**

**Learn about quality  
Abbott care.**

# OCTOBER HAPPENINGS

Fri, Oct 1st	Food Stamps Assistance "SNAP" .....	9:00 a.m. to 3:00 p.m.
Mon, Oct 4	FIELD TRIP: TOPSFIELD FAIR \$4.....	10:30 a.m. – 3:30 p.m.
	\$7 ticket on your own at the gate 2 pm Chubby Checker Grandstand	
Tues, Oct 5th	Birthday Karaoke Bash ☺.....	11:30 a.m. – 1:00 p.m.
Weds, Oct 6th	HAIR SALON HOURS – Walk in or appointments at the senior center .....	9:00 a.m. to 1:00 p.m.
Weds, Oct 6th	Strength Exercise \$5.....	11:30 a.m. – 12:15 p.m.
Thurs, Oct 7th	Taking Off Pounds Sensibly.....	10:00 a.m. – 11:00 a.m.
Thurs, Oct 7th	TRIAD MEETING – All welcome to join! Discuss senior safety issues.....	12:00 p.m.
Fri, Oct 8th	Lowe's Home Improvement Store Taking applications in the senior center for part time job openings.....	10:30 a.m. – 12:00 p.m.
Fri, Oct 8th	Strength Exercise \$5.....	11:30 a.m. – 12:15 p.m.
Mon, Oct 11th	Columbus Day.....	Center is closed.
Tues, Oct 12th	Blood Sugar Clinic "Lucy Booth" Open! – Nurse available for your questions.....	8:30 a.m. – 10:00 a.m.
Tues, Oct 12th	Field Trip: Quincy Market.....	10:30 a.m. – 1:30 p.m.
Weds, Oct 13th	Free Hearing Screening – Please sign up for an appointment Wellness Room.....	10:00 a.m. – 12:00 p.m.
Weds, Oct 13th	HAIR SALON HOURS – Walk in or appointments at the senior center .....	9:00 a.m. to 1:00 p.m.
Weds, Oct 13th	Strength Exercise \$5.....	11:30 a.m. – 12:15 p.m.
Thurs, Oct 14th	Taking Off Pounds Sensibly.....	10:00 a.m. – 11:00 a.m.
Thurs, Oct 14th	Senior Care Options...come learn what it's all about! "Top your own cupcake".....	12:00 p.m. – 1:00 p.m.
Fri, Oct 15th	Boston Food Bank: Brown Bag.....	10:00 a.m. – 12:30 p.m.
Fri, Oct 15th	Strength Exercise \$5.....	11:30 a.m. – 12:15 p.m.
Tues, Oct 19th	Casino Trip: FOXWOODS \$25 prepaid reservation.....	7:00 a.m. – 6:30 p.m.
Tues, Oct 19th	"Safe Driving Tips for the Elderly".....	11:30 a.m.
	Sponsored by the Registry of Motor Vehicles	
Weds, Oct 20th	HAIR SALON HOURS – Walk in or appointments at the senior center .....	9:00 a.m. to 1:00 p.m.
Weds, Oct 20th	Presidential Fitness Challenge Awards .....	11:30 a.m.
Weds, Oct 20th	Strength Exercise \$5.....	11:30 a.m. – 12:15 p.m.
Thurs, Oct 21st	Field Trip: Mystery Foliage Ride \$2.....	10:30 a.m. to 1:30 p.m.
Thurs, Oct 21st	T.O.P.S. Taking Off Pounds Sensibly.....	10:00 a.m. – 11:00 a.m.
Fri, October 22nd	Field Trip: Lunch and horseracing at.....	10:30 a.m. – 1:30 p.m.
	RUBIN THOMPSON HOUSE Saugus	
Fri, Oct 22nd	Strength Exercise \$5.....	11:30 a.m. – 12:15 p.m.
Mon, Oct 25th	Field Trip: Red's Sandwich Shop Salem \$2 11:00 a.m. to 1:30 p.m.	
Tues, Oct 26th	Blood Pressure Clinic "Lucy Booth" Open! – Nurse available for your questions.....	8:30 a.m. – 10:00 a.m.
Tues, Oct 26th	Field Trip: lunch and horseracing \$2 – Peabody Glen.....	10:30 a.m. to 1:30 p.m.
Weds, Oct 27th	HAIR SALON HOURS – Walk in or appointments at the senior center .....	9:00 a.m. to 1:00 p.m.
Weds, Oct 27th	WWII Museum, Natick \$15 – 10 person max *must sign a form to enter*.....	10:00 a.m. to 2:00 p.m.
Weds, Oct 27th	Strength Exercise \$5.....	11:30 a.m. – 12:15 p.m.
Thurs, Oct 28th	FRIENDS MEETING .....	10:00 a.m. – 11:00 a.m.
Thurs, Oct 28th	T.O.P.S. Taking Off Pounds Sensibly.....	10:00 a.m. – 11:00 a.m.
Fri, Oct 29th	Strength Exercise \$5.....	11:30 a.m. – 12:15 p.m.
Fri, Oct 29th	Massage Therapy Appointments \$5.....	1:00 p.m. – 3:00 p.m.
Thurs, Oct 28th	T.O.P.S. Taking Off Pounds Sensibly.....	10:00 a.m. – 11:00 a.m.
Tues, Nov 2nd	Birthday Karaoke.....	11:30 a.m. – 1:00 p.m.
Fri, Nov 3rd	Food Stamp Appointments.....	9:30 a.m. – 3:00 p.m.
Mon, Nov 5th	Computer Classes Start	
Thurs, Nov 10th	Podiatry Appointments .....	9:30 a.m. to 12:30 p.m.

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**2010 LYNN SENIOR CENTER TRIP SCHEDULE:**

Reservations mandatory. Walk-in and mail-in reservations accepted. Mail in registrations must be sent to 8 Silsbee Street, Lynn, MA, Attn ROSA. Do not mail cash. Send checks only. A sign up form for each passenger must be filled out in it's entirety including emergency contact information. No reservation is confirmed until you hear from us. We will confirm receipt no later than three days prior to the trip. Mailing deadline for -trips is seven business days prior to departure. Deadline for casino mail in reservations is the first Friday of every month.

**FOXWOODS \$25**

**October 19 • November 16**

Leaves promptly at 7 a.m. We cannot wait for anyone. Returns approximately at 6:30 p.m.

**ATLANTIC CITY**

**November 8 -10**

**\$165 Triple    \$170 Double    \$240 Single**

**TROPICANA HOTEL**

\$20 Cash Bonus    \$20 Casino Show  
Two Meals (Breakfast & Dinner)

Departs **PROMPTLY** at 7:00 a.m.

Leaves Atlantic City on November 10th  
at 1:00 p.m.

Arrive back in Lynn approximately 8:00 p.m.

**CANCELLED**

**MY LIFE, MY HEALTH  
FOR MEN & WOMEN OF ANY AGE**

You are invited to join My Life, My Health, a self-management workshop for adults of any age living with persistent health conditions. GLSS offers the workshop in collaboration with North Shore Medical Center. Care givers are welcome to accompany their care partners. With supervisor approval, GLSS employees can attend on work time.

My Life, My Health is one of the many names for the Stanford University Chronic Disease Self-Management Program. A chronic health condition is a health condition that is on-going. This self-management six-week, 2 ½ hour a week workshop has proven to help participants:

- Set and meet individual goals
- Handle stress and learn to relax
- Increase energy level and stamina
- Strengthen communications with doctors, family and friends
- Manage ups and downs
- Have fun!

Each participant receives a copy of the book Living a Healthy Life with Chronic Conditions and a relaxation CD. There is a nominal fee. Scholarships are available.



**Union Hospital**  
**500 Lynnfield Street, Lynn**  
**South A Conference Room**  
**Fridays October 8-November 12, 2010**  
**1:30-4:00pm**



For information contact:

**Jan Ferris, 781-586-8681, jferris@glss.net**

**PLEASE ACKNOWLEDGE OUR SPONSORS**

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 our 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.



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## WELLNESS WATCH

October 2010

**How is your cholesterol?  
And what does the answer mean?  
And if it is high what can you do to treat it?**

There is a guide available that will help you sort this out. It is written so that it is easy to get the information you want and need to stay healthy.



Cholesterol is a building block of our body's cells. Our bodies usually can make what we need in the right amount. If the body makes too much or we are eating certain foods that add cholesterol it will be too high. High amounts of "bad" cholesterol can damage the heart and arteries, but "good" cholesterol does not cause damage.

High cholesterol can lead to heart attacks and strokes. The first step is to talk with your health care provider. Ask about testing your cholesterol level. Find out what your risk factors are.

Depending on the results there are a variety of steps that can help to improve those results. Eating a balanced diet and being more active are two steps. Even small changes can make a big difference. Medicine may be the next step and there are a variety of medicines to treat high cholesterol. Talk with your doctor about the options.

Material adapted from *Treating High Cholesterol: A Guide for Adults*.

To obtain a free copy of the guide *Treating High Cholesterol: A Guide for Adults* call 1-800-358-9295. Ask the Publications Clearinghouse for AHRQ Publication Number 09(10)-EHC024-A or visit [www.effectivehealthcare.ahrq.gov](http://www.effectivehealthcare.ahrq.gov). Click on Guides for Patients and Consumers to print a copy of the guide and to learn about other free guides.

For further information contact Susan H. Brown RN  
Community Education Nurse GLSS 781-599-0110, ext. 568

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## Have you had a hip fracture? Help improve future hip fracture care.

If you (or someone you know) have broken a hip and are aged 60 years or older, you may be eligible to participate in a research study at Boston University. People who qualify for this research study will receive either:

- a DVD-based home exercise program supervised by a physical therapist, or
- a nutrition education program

All activities will take place in your home at no cost.

There will be financial compensation for your time.



For more information, please contact  
Kira at 617-638-1981 or [kwilke@bu.edu](mailto:kwilke@bu.edu)

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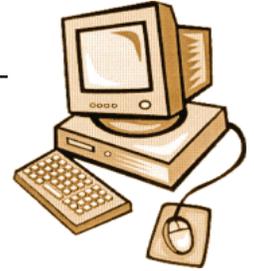


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**C** O M P U T E R**C** L A S S E S

**Lynn Senior Center  
Computer Room, 1st Floor  
8 Silsbee Street, Lynn  
781-586-8503**

All courses must be pre-paid at the time of registration to reserve your seat. If mailing your payment, make check payable to:

LCOA  
Attn: ROSA  
8 Silsbee Street  
Lynn, MA 01901

Expect a phone call confirming your seat. All computer students must register for a Lynn Senior Center membership card before the first class. All students are also required to sign a compliance policy and procedure form.

**COMPUTER CLASS SCHEDULE:**  
**Mondays... NOVEMBER 1,8,15,22,29**  
**December 6, 13, 20, 27, Jan 3rd**

## **COMPUTER CLASS DESCRIPTIONS:**

### **Introductions to Computers & Windows XP (Five Week Course)**

This basic introductory course is for students with little or no experience. This five week course introduces the beginner to learn the basics in keyboard and mouse operations, basic computer operations including Input, Output, Processing, and Storage. The student will learn the basics of Window XP and its functionalities, basic Word Processing and Terminology.

**10:00 a.m. – 11:00 a.m. • Cost: \$50.00**

### **Introduction to Microsoft Word**

(Five Week Course)

This basic introductory course is for students with little or no word processing experience. This five week course introduces the beginner to the concept of word processing using Microsoft Word 2003. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert Pictures and Print Documents.

**11:15 a.m. – 12:15 p.m. • Cost: \$50.00**

### **Introduction to the Internet**

(Five Week Course)

This introductory course is for students with little or no internet experience. This four week beginner course introduces the student to the concept of the Internet and the World Wide Web (WWW). The student will learn the basics of the Internet, Search Engines, Website access, creating an Email account, Sending and Receiving Emails, Downloading, the basics of Voice and Video Chat, Forums & User Groups, and Terminology.

**12:30 p.m. – 1:30 p.m. • Cost: \$50.00**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# OCTOBER 2010

Hot Dog/ Roll  
Veggie Baked Beans  
Cole Slaw  
Cookie  
**ALTERNATIVE**  
Salisbury Steak/Gravy  
Baked Beans

4

Beef Stew/ WW Roll  
Diced Potatoes  
Stew Veggies  
Chilled Peaches  
**ALTERNATIVE**  
Lemon Pepper Fish/ Dill Sauce  
Potato

5

Herb & Rosemary Boneless Chix  
Whipped Potato  
Green Beans/Red Pepper  
Fresh Fruit  
**ALTERNATIVE**  
Liver & Onions/Gravy  
Potato

6

Veggie Lentil Soup  
Egg Salad/WW Pita  
Potato Salad  
Jell-o  
**ALTERNATIVE**  
Shaved Roast Beef  
Potato Salad

7

Meatloaf/ Gravy  
Seasoned Brown Rice  
Veggie Blend  
Corn Bread/Apple Sauce  
**ALTERNATIVE**  
Spanish Chicken  
Brown Rice & Beans

8



**HOLIDAY**  
**NO MEAL SERVICE**

11

Lasagna/Meat sauce  
Spinach  
Garlic Roll  
Chilled Mixed fruit  
**ALTERNATIVE**  
Chicken Patty/Roll

12

Apple Glaze Roast Pork  
Veggie Medley  
Baked Potato/Sour Cream  
Chilled Pears  
**ALTERNATIVE**  
Cran Glaze Boneless Chix

13

Cream of Broccoli Soup  
Tyson Chicken Bruschetta  
Garlic Whipped Potato  
Fresh Fruit  
**ALTERNATIVE**  
Omelet/ Cheese Sauce

14

Lemon Pier 17 Fish  
O'Brien Potatoes  
Country Blend Veggies  
Cake  
**ALTERNATIVE**  
Stuffed Shell/Meat Sauce

15

Chicken Veggie Soup  
Swedish Meatballs/Gravy  
Whipped Potato/ Muffin  
Chilled Mandarin Oranges  
**ALTERNATIVE**  
Chicken Marsala

18

Chicken Stir Fry  
Steamed Rice  
Stir Fry Veggies/Scall Bread  
Jell-o  
**ALTERNATIVE**  
Rib-B-Q/ Gravy/Rice

19

**AUTUMN SPECIAL**  
Beef Burgundy  
Butternut Squash  
Seasoned Red Bliss Potato  
Butternut Biscuit  
Choc Chip Pumpkin Bread Pudding

20

Macaroni & Cheese  
Green & Golden Beans  
Chilled Peaches  
**ALTERNATIVE**  
Salisbury Steak/Gravy  
Whipped Potato

21

Stuffed Pepper  
Parsley Potato  
Jardiniere Veggies  
Fresh Fruit  
**ALTERNATIVE**  
Veggie Quiche

22



Smokey Grilled Steak/Gravy  
Cheddar Whipped Potato  
Tuscan Blend Veggies  
Chilled Mixed Fruit  
**ALTERNATIVE**  
Chix Florentine/Gravy

25

Spilt Pea Soup  
Roast Turkey/Gravy/Cran Sauce  
Sweet Potatoes  
Chilled Pineapple  
**ALTERNATIVE**  
Liver & Onions/Gravy

26

Ham & Cheese Quiche  
Lyonnaise Potatoes  
Roman Blend Veggies  
Fresh Fruit  
**ALTERNATIVE**  
Sweet & Sour Chix Tenders

27

Fiesta Fish/Dill Sauce  
Cheddar Whipped Potatoes  
Veggie Rataouille  
Pudding  
**ALTERNATIVE**  
Spanish Beef/Yellow Rice

28

Tyson Chicken Supreme  
Carrot Barley Pilaf  
Italian Green Beans  
Cookie  
**ALTERNATIVE**  
Manicotti/Meat Sauce

29

**Elder Service Plan  
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**SENIOR CENTER ACTIVITIES OCTOBER 2010**

	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
10:00-11:00	COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINT CLASSES	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30	LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	10:00-11:30 KNITTING & CONVERSATION
11:15- 12:15	COMPUTER CLASS: WORD	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00	MEN SPORT'S CLUB	12:30-2:30 CRIBBAGE	9:30-11:00 WHIST	10:30-12:00 ACRYLIC PAINT CLASSES	11:30-12:15 EXERCISE CLASS
12:30-1:30	COMPUTER CLASS: INTERNET	1:00-2:45 POKENO	10:45-12:30 LUNCHEON	12:45 – 1:45 LINE DANCING	1:15-2:45 BINGO
1:15-2:45	BINGO		1:00 – 3:00 MOVIE	1:30-3:30 JAPANESE BUNKA EMBROIDERY	
			1:00-3:00 'PENNY ANTE' POKER	2:00-3:00 HORSE RACE GAME	

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*Thank you Jim Barton for all your time and expertise in designing our new pull a pop board and or travelling horse racing game!*

*In loving memory of....*

**JOHN PETERSON**

The Lynn Council on Aging has lost a dedicated community service worker and elder advocate. John served as a Board of Director for the Council and for the past six years as the President of the LCOA Board. John has volunteered for our senior center in several capacities dating back to 1984 founding the FRIENDS of LCOA. John spent many years supporting My Brothers Table, helping the less fortunate. The City of Lynn and the Council on Aging has lost a great man.

*Special Thanks to Michelle Howley and Virgen Gonzales for hosting a GLSS Employee Breakfast. All proceeds were donated to the Senior Center!*

*Thank you Carolyn Pszenny for your generous donation to the FRIENDS of LCOA*

**THE FRIENDS OF THE  
LYNN COUNCIL ON AGING CAMPAIGN**

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 checks payable to: the FRIENDS of LCOA

-----

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

\_\_\_\_\_ in memory of \_\_\_\_\_ in honor of \_\_\_\_\_

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

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

Thank you.

-----

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 FOR GREATER LYNN RESIDENTS

**1 Atlantic Terrace, Lynn** **781-593-8099**



*“Hands that serve...Hearts that care”*

Where are you? The Lynn Senior Center is looking for kind hearted people to volunteer at the senior center in different capacities.

See Rose Manzella for an application.

Must possess a positive CORI

Two hour orientation required.

Free meals!

Free Parking!

Free Id badge!

References available for future employment or community service.

**Openings available:**

**BROWN BAG WORKERS**

~ One day a month commitment on the Third Friday of the month.

Hours 8:30 a.m. – 11:30 a.m. Food bank t-shirt

Free lunch and free bag of groceries on the day you work.

Help unpack boxes and fill grocery bags.

If unable to lift 20#, request modified duties.

**MEAL SERVERS**

~Pick your schedule- M- F 10:30 a.m. to 1:00 p.m.

Assist the kitchen crew in waiting on seniors.

Pleasant manners and patience a must.

Free meals when working.



**DRIVER VOLUNTEER**

~Tuesday and or Thursday 9 a.m.

Pick up donated food at BJ's in Revere and bring to the senior center

We will train you!

Assistance is available with unloading in the parking lot.

Free baked goods when working.

**Chestnut Gardens**  
**A P A R T M E N T S**  
 301 Essex Street • Lynn, MA 01902  
 A POAH Rental Community

**- ATTENTION SENIORS! -**

Friendly Residential Housing Offering  
 Many Amenities to its Residents

Air Conditioning • Off-street Parking  
 Closed Circuit TV

Office is open Monday through Friday  
 8:30 to noon. For information call

**781-592-1246**  
 TTD # 1-800-545-1833 x 131

Wheelchair Accessible

**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**

**ABC 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](http://www.abchhp.com)

233 Albion Street Wakefield

**Committed to Life at Home**

**FARMERS MARKET COUPONS**

We have exhausted the complete stock of farmer’s market coupons. We urge that all recipients use their coupons by October 31st. The city of Lynn received less coupons this year solely based on the actual use of last years supply. If you are unable to use your coupons, please return them to the senior center so we may give them to someone on our waiting list.

*Expired coupons will not be re-issued.*



LYNN Farmers Market  
Union & Exchange St  
Thursdays 11am-3pm

SAUGUS Farmers Market  
Lincoln Ave & Jackson  
Tuesdays 10am – 3 pm

SALEM Farmers Market  
32 Derby St  
Thursdays 3pm – 7 pm



REVERE Farmers Market  
Revere Beach Blvd & Chester Ave  
Thursdays 12pm – 6 pm



PEABODY Farmers Market  
Railroad Ave  
Tuesdays 1pm – 4 pm

**WHY IS PHYSICAL ACTIVITY IMPORTANT FOR ARTHRITIS?**

Scientific studies have shown that physical activity can reduce pain and improve function, mood, and quality of life for adults with arthritis. Physical activity can also help manage other chronic conditions that are common among adults with arthritis, such as diabetes, heart disease, and obesity.

**HOW MUCH PHYSICAL ACTIVITY DO ADULTS WITH ARTHRITIS NEED?**

2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity per week OR  
1 hour 15 minutes (75 minutes) of vigorous-intensity aerobic activity per week OR  
an equivalent combination\* of moderate and vigorous activity.

**Candi DiChiaro!!**

*When you see Candi, send her a smile and a bug thank you! Candi, independently spent many hours soliciting ALL the donations of gift cards for our senior center week events! It takes a special person to donate one’s personal time asking for freebies!*

**NOVEMBER HAPPENINGS!**

- **Senior T Passes FREE!!!**  
November 16th  
10 am to 1pm  
No appointment required
- **By Stander CPR Class FREE!!!**  
Sponsored by Aviv Home Care  
November 17th  
9:30 am – 11:30 a.m.  
Game Room  
(No wii this day)



**MOVIES...**

**every Wednesday!**



*Free Popcorn and soda*  
**Wide Screen Plasma Home Theatre System**  
Oct 6 ..... The Last Song PG-13 2010  
Oct 13 ..... City Island PG-13 2009  
Oct 20 ..... Furry Vengeance PG 2010  
Oct 27 ..... Haunted Mansion PG 2003

Is there a flick you want to see?  
Call us or email us?

Movies are subject to availability.





# Musical Instruments



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



## WORD LIST

ACCORDION

HARMONICA

OCARINA

UKELELE

BASSOON

HARP



PIANO



VIOLIN

CLARINET

HORN

RECORDER

XYLOPHONE

EUPHONIUM

KETTLEDRUM

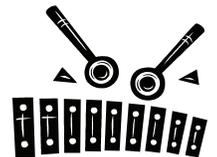
SAXOPHONE

FLUTE



LYRE

TROMBONE



GIUITAR

OBOE

TRUMPET

**LYNN  
COUNCIL ON AGING**

John W. Baker

\*

Edmund Brown

\*

Daniel P. Hanlon

\*

George Meimeteas

\*

Charles Mitchell

\*

Victoria Serwatka

\*

Frances Taggart

**LYNN COUNCIL ON AGING SENIOR CENTER**

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

***CAPTURE THE PRIDE***

RETURN SERVICE REQUESTED

NON-PROFIT  
U.S. POSTAGE  
**PAID**  
LYNN, MA  
PERMIT NO. 56



# HEALTH FOCUS PROGRAM



## LYNN SENIOR CENTER

**OCTOBER 2010**

**BLOOD SUGAR TESTING  
FOR DIABETICS**

October 12th

8:30 am - 10:00 am

*(Nurse available during these clinics  
for any health questions.)*

**BLOOD PRESSURE**

October 26th

8:30 am - 10:00 am

*(Nurse available during these clinics  
for any health questions.)*

**MASSAGE THERAPY**

October 29th

1:00 pm - 3:00 pm

*Call for appointment*

**PODIATRIST**

November 10th - 10:00 am

*Call for appointment.*

*Bring insurance card*

**HAIR SALON**

Wednesdays

9:00 am - 1:00 pm

*Walk-ins or appointments*