



# Lynn Senior Center Newsletter

LCOA Senior Center • 8 Silsbee Street, Lynn, MA 01901  
781.599.0110

**AUGUST 2011**

ISSUE 180

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...

I hope you have been enjoying these beautiful summer weeks.

As we look ahead to Labor Day, there are still many more summer days to soak up. I invite you to join us for the remaining performances of the summer concert series at Red Rock Park on Aug. 4, 11, 18 and 25. All concerts are from 6 to 8 p.m. Admission is free. Bring your own chairs and blankets. Refreshments and coffee will be available for purchase. For concert information and updates, please call 781-346-9123.

This is also a wonderful time to get out and explore some of the arts and cultural programs this city has to offer. Now through Aug. 31, LynnArts will be featuring an exhibit, Latin Local, which will benefit the Lynn Hispanic Scholarship Fund. The Lynn Museum will host the Arts After Hours Annual Backyard Bash on Aug. 18 at 7 p.m. The event will feature demonstrations, unique art by local artists for purchase, music and delicious food from local chefs. While there, be sure to take a look at some of the Museum's fabulous exhibits, such as "Into Lynn Woods," "Wearable Art," "A Step Back in Time" and "Celebrating Lynn Legacies."

And stay tuned for more information on the Lynn Fall Festival on the Waterfront, scheduled for Sept. 17.

Best wishes for a wonderful August.

*Mayor Judith Flanagan Kennedy*

## FROM THE DIRECTOR...

August! The heat is here. We complained about the cold rainy May and waited too long through June for some sun. I worry about the elderly in the hot weather. Stay hydrated! I hear, "I can't drink too much my water pill causes me to go." Well, the heat will take its toll quickly and without notice. So drink a lot of water and plan your stops. Speaking about planning your stops let me share this funny story with you. I needed a jar of mayonnaise. So on the way home I swung into Market Basket. I parked far away so I could get credit for exercising! I noticed this elderly woman pulling and tugging bags out of her trunk with great struggle. I asked if I could help her. As I unhooked the recyclable bags from the trunk hook, she went on to rumble about the lack of handicap spaces and the scooter probably won't be charged and no one respects her difficulty. I offered to get the scooter. I picked a clean charged one, fought through the crowd and picked her up at her car. She was grateful and we parted ways. I stopped at the sale rack and was looking at something that I didn't need and an elderly man asked me where something in the flyer was. So, I escorted him to that aisle. Now, it appears that others seem to think I work there! I read a label to someone. I got something off the top shelf. I gave my opinion on which deli meat was the best for which price. Wednesday is the freshest bread day, did you know that? At the check out, I bumped into my scooter friend. We walked out together. I loaded her groceries and returned the scooter. I grabbed my bags and walked to my car and the sky broke open with one of those heavy early evening thunderstorms. I arrive home soak and wet. Ready? NO MAYONAISE! No potato salad that evening, but a lot of happy people! See you soon. The air conditioning is complimentary at the Lynn Senior Center. Stay cool.

## AUGUST HAPPENINGS

Mon, Aug 1	Field Trip: Back Bay Boston Senior IDs Lunch @ Kelly's Saugus on return trip on own	9:30 a.m. – 1:30 p.m.
<b>Tues, Aug 2</b>	<b>Birthday Karaoke</b>	<b>11:30 a.m. – 1:00 p.m.</b>
Weds, Aug 3	FOOD STAMPS	9:00 a.m. – 3:00 p.m.
Weds, Aug 3	<b>HAIR SALON HOURS</b> Walk in <u>or</u> appointments at the senior center	9:00 a.m. to 1:00 p.m.
Weds, Aug 3	Strength & Balance Exercise Class	\$5 11:30 a.m. – 12:15 p.m.
Thurs, Aug 4	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Thurs, Aug 4	Podiatry Appointments call for appt	10:00 a.m. – 12:30 p.m.
Fri, Aug 5	Strength & Balance Exercise Class	\$5 11:30 a.m. – 12:15 p.m.
Fri, Aug 5	Field Trip: Battleship Cove, Fall River	\$15 9:30 a.m.
Tues, Aug 9	<b>Blood Sugar Clinic</b> “Lucy Booth” Open! Nurse available for your questions.	8:30 a.m. – 10:00 a.m.
Tues, Aug 9	<b>Veterans Services Office Hours</b>	10:00 a.m. – 12:00 p.m.
Weds, Aug 10	Field Trip: Castle Island	\$2 10:30 a.m. – 1:30 p.m.
Weds, Aug 10	<b>HAIR SALON HOURS</b> Walk in <u>or</u> appointments at the senior center	9:00 a.m. to 1:00 p.m.
Weds, Aug 10	Strength & Balance Exercise Class	\$5 11:30 am – 12:15 pm
Thurs, Aug 11	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Thurs, Aug 11	BIG BAND DANCING at Peabody COA Lunch \$2.50	9:00 a.m.—1:00 p.m.
Fri, Aug 12	Field Trip: JFK Museum Boston free admission	\$2 10:30 a.m. – 1:30 p.m.
Fri, Aug 12	Strength & Balance Exercise Class	\$5 11:30 a.m. – 12:15 p.m.
Fri, Aug 12	Massage Therapy Appointments	\$5 1:00 p.m. – 3:00 p.m.
<b>Mon, Aug 15</b>	<b>Women's Group Meeting</b>	<b>11 am</b>
<b>Tues, Aug 16</b>	<b>FOXWOODS CASINO TRIP \$25</b> Pre paid reservation required	<b>7:00 am – 6:30 pm</b>
Weds, Aug 17	<b>HAIR SALON HOURS</b> Walk in <u>or</u> appointments at the senior center	9:00 a.m. to 1:00 p.m.
Weds, Aug 17	Strength & Balance Exercise Class	\$5 11:30 a.m. – 12:15 p.m.
Thurs, Aug 17	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Thurs, Aug 17	Field Trip: Richardson's Ice Cream	\$2 11:00 a.m. – 1:30 p.m.
<b>Fri, Aug 19</b>	<b>Boston Food Bank: <u>Brown Bag</u></b>	<b>10:00 a.m. – 12:30 p.m.</b>
Tues, Aug 23	<b>Blood Pressure Clinic</b> “Lucy Booth” Open! Nurse available for your questions.	8:30 a.m. – 10:00 a.m.
Tues, Aug 23	Guest Speaker: Ryan D Marini, CLTC (Game Room) Learn about long term care options and life insurance	free! 12 pm -1pm
Weds, Aug 24	<b>HAIR SALON HOURS</b> Walk in <u>or</u> appointments at the senior center	9:00 a.m. to 1:00 p.m.
Weds, Aug 24	Strength & Balance Exercise Class	\$5 11:30 am – 12:15p.m.
Weds, Aug 24	Foster's Lobster Bake pre paid reservation required	\$62 8:30 a.m. – 5:30 a.m.
Thurs, Aug 25	FRIENDS Meeting	10:00 a.m. – 11:00 a.m.
Fri, Aug 26	Massage Therapy Appointments	\$5 1:00 p.m. – 3:00 p.m.
<b>Tues, Aug 30</b>	<b>Free Hoarding Discussion</b>	<b>10:00 a.m.</b>

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## LYNN SENIOR CENTER DAY TRIPS! 2011 SCHEDULE

### WEDS, AUGUST 24 - FOSTER'S CLAM BAKE \$62

Departs from the senior center at 8:30 am. Enjoy scenic tour to Nubble Lighthouse. Clam Chowder, Mussels, Maine clams, LOBSTER!, corn on the cob, potatoes, onions, blueberry cake.

BBQ chicken available as alternate entree. Visit Hampton Beach area on the way home. Minimal walking/wheelchairs accessible. Approximate arrival time-5:30 pm.

### FRI, SEPTEMBER 23 - SCALLOP FESTIVAL \$60

Departs from the senior center at 8:00 a.m. Admission to the Scallop Festival. FRIED scallops, coleslaw, French fries, soft drink. Roasted chicken available as an alternative entrée.

Craft vendors on site. Once you've enjoyed the festival, hop on to a 90 minute narrated harbor cruise. Approximate arrival time is 6:00 pm.

### WEDS, OCTOBER 12 -TURKEY TRAIN \$65

Departs from senior center at 8:00 a.m. Board a NH railroad dining car for a scenic foliage train ride while enjoying a full turkey dinner. Sightseeing and more foliage on the ride home. Approximate arrival time is 5:30 pm.

### MON, DECEMBER 12 - HOLIDAY REVUE INDIAN HEAD \$65

Departs from senior center at 8:30 a.m. Arrive at Indian Head to a welcome reception with a souvenir picture for everyone. Receive a gift certificate to the gift shop! Enjoy a deluxe buffet followed by a live Holiday floor show. Enter a chance to win a grand prize drawing. Depart at 4pm. Approximate arrival time is 5:30 pm.

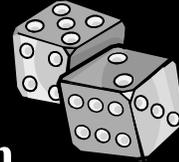
**Prepaid reservations required.**

The Lynn Senior Center allows persons under 60 yrs old on our day trips if they are accompanying an elder as a companion.

Companions must be 18yrs or older.

Call Stacey @781-586-8503 with any questions

## Casino Trips



From the  
Lynn Senior Center

**FOXWOODS \$25**

**3rd Tues - every month**

(Aug 23, Sept 20)

7 am - 6:30 pm. Includes: \$10 Keno Play and \$15 food voucher

From Revere

**TWIN RIVERS \$18**

(Aug 2, Sept 6, Oct 4)

**MOHEGAN SUN \$25**

**Every Tuesday**

(Aug 9, 16, 23, 30, Sept 13, 20, 27)

10:30 am Bus leaves from Revere Taco Bell, North Gate Plaza. Pay on bus!

7 am -7:30 pm Depart from Casino

Call Elaine 781-289-6144

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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.

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Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.



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# COMPUTER CLASSES



Lynn Senior Center - Computer Room, 1<sup>st</sup> 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:  
August 1, 8, 15, 22, 29**

*Call for future class schedule*

## 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

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## Wellness Watch *Information- In English and Spanish*



**Free** dependable information is easily available for older adults, their family and friends. The National Institute on Aging (NIA) publishes a wide variety of materials in English and Spanish. The material can be viewed and ordered on line at [www.nia.nih.gov/Healthinformation](http://www.nia.nih.gov/Healthinformation) or [www.nis.nih.gov/Espanol](http://www.nis.nih.gov/Espanol). A catalog can be ordered by calling 1-800-222-2225 or TTY/toll-free at 1-800-222-4225.

NIA's Alzheimer's Disease Education and Referral Center provides free information and resources about Alzheimer's disease and age related thought process changes. Check out [www.nia.nih.gov/Alzheimers](http://www.nia.nih.gov/Alzheimers) or 1-800-438-4380 for a free catalog of materials.

Exciting new NIA materials are available through Go4Life. Go4Life is an exercise and physical activity campaign to help you fit exercise and physical activity into your daily life. Free materials such as the book, *Exercise and Physical Activity Guide*, and *Go4Life Everyday Exercise DVD* are available through [www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life). This site also has other resources and tips on getting started with a safe and easy exercise program. Materials can also be ordered by calling 1-800-222-2225.

[NIHSeniorHealth.gov](http://NIHSeniorHealth.gov), in English, is an easy-to-use website that features basic health and wellness information for older adults from the National Institutes of Health. Using buttons at the top of each page you can make the text bigger, change text color, or hear the text read aloud.

Have fun exploring and stay healthy.

Susan H. Brown RN GLSS Community Education Nurse  
[sbrown@qlss.net](mailto:sbrown@qlss.net) 781-586-8568

# AUGUST 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Stuffed Shell/Meat Sauce Spinach Chilled Fruit ALTERNATIVE Boneless Chicken Supreme Whipped Potato/Spinach	<b>2</b> Potato Chowder Chicken Caesar Salad WW Dinner Roll Fresh Fruit ALTERNATIVE Seafood Salad	<b>3</b> Beef Stir Fry Steamed Rice Oriental Veggie Pudding ALTERNATIVE Sweet & Sour Chix Tenders	<b>4</b> Cream Of Broccoli Soup Meatball Calzone Tossed salad Cookie Alternative Turkey Burger/Roll	<b>5</b> Potato Crunch Dill Fish Whipped Potato Carrots Chilled Fruit ALTERNATIVE Salisbury Steak
<b>8</b> Honey Mustard Tyson Chicken O'Brien Potatoes Country Blend Veggies Chilled Fruit ALTERNATIVE Omelet/Cheese Sauce	<b>9</b> Pasticchio Roman Blend Veggie/ Garlic Roll Jell-o/Topping ALTERNATIVE Fiesta Fish/Lemon sauce Whipped Potato	<b>10</b> Veal Cacciatore White Rice Italian Green Beans Fresh Fruit ALTERNATIVE Boneless Chix Marsala	<b>11</b> Roast Turkey/Gravy Sweet Potato Peas & Onions/ Muffin Chilled Pineapple ALTERNATIVE Pork Patty/Gravy	<b>12</b> Veggie Lentil Soup Egg Salad/WW Bulkie Potato Salad Spice Cake/Topping ALTERNATIVE Shaved Roast Beef/ Bulkie
<b>15</b> Hot Dog/Roll Beans Cole Slaw Fresh Fruit ALTERNATIVE Beef Rib-B-Q	<b>16</b> Boneless Lemon Dijon Chicken Veggie Ratatouille Lyonnaise Potatoes Pudding ALTERNATIVE Mushroom Quiche	<b>17</b> Meatloaf/Gravy Cheddar Whipped Potato Country Blend Veggie Chilled Fruit ALTERNATIVE Haitian Turkey	<b>18</b> Corn Chowder California Chicken Tossed Salad Chilled Fruit ALTERNATIVE Sliced Turkey/Cheese	<b>19</b> Crumbed Topped Fish Garlic Whipped Potato Jardinere Veggie Cake/Topping ALTERNATIVE Spanish Beef/Yellow Rice
<b>22</b> Lasagna/Meat Sauce Roman Blend Veggie Garlic Roll Cookie ALTERNATIVE Hot Chix Filet Sandwich	<b>23</b> Roast Pork/Gravy Scalloped Potatoes Tuscan Blend Veggies Fresh Fruit ALTERNATIVE Chicken Florentine	<b>24</b> Garlic Paprika Tyson Chicken Lyonnaise Potato Butternut Squash Chilled Fruit ALTERNATIVE Liver & Onions/Gravy	<b>25</b> Chili/Shredded Cheese Steamed Rice Tossed Salad Chilled Pineapple ALTERNATIVE Chicken Teriyaki	<b>26</b> Mixed Bean Soup Turkey salad Pasta Salad Jell-o/Topping ALTERNATIVE Cold Meatloaf Sandwich
<b>29</b> Swedish Meatballs/Gravy Whipped Potato Green & Golden beans Apple Crisp/Topping ALTERNATIVE Spanish Chicken/Rice/ Beans	<b>30</b> Yankee Pot Roast/Gravy Baked Potato/Sour Cream Peas & Mushrooms Chilled Fruit ALTERNATIVE Veggie Quiche	<b>31</b> Chicken Broccoli Ziti Casserole Carrots Chilled Fruit ALTERNATIVE Beef Strip Steak/Gravy Whipped Potato/ Carrots		

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## SENIOR CENTER ACTIVITIES • AUGUST 2011

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
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 - 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING 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 PAINTING CLASSES	11:30-12:15 EXERCISE CLASS
12:30-1:30 COMPUTER CLASS: INTERNET	12:45-1:45 LINE DANCING	10:45-12:30 LUNCHEON	1:30-3:30 JAPANESE BUNKA EMBROIDERY	1:15-2:45 BINGO
1:15-2:45 BINGO	1:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	2:00-3:00 HORSE RACE GAME	
		1:00 - 3:00 MOVIE		
		1:00-3:00 'PENNY ANTE' POKER		

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## 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      or      \_\_\_\_\_ in honor of

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

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

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

**Consider a tax free donation!** For those of you who are 70 1/2 with an IRA and have to take a minimum required distribution but do not need the money and do not want to pay taxes on the income can make a tax free donation to the FRIENDS of the LCOA. This is classified as a Qualified Charitable Distribution under IRS Publication 590.

### IN LOVING MEMORY...

John S. Wieczorek  
~Henrietta Wieczorek

Rose Roy  
~Joseph Roy

I would like to thank Cindy Le Blanc for her donation to The Lynn Women's Group, in memory of Arthur Warren.

~Thank you, Cheryl Donnelly

### THANK YOU...

Friends of the LCOA for all your fundraising efforts and support and for a successful cookout!

### NOTICE...

Volunteers are honored with a free meal on the days they volunteer!

## Thank you for sponsoring our annual Independence Day BBQ!

Marie and Norman Bourque

Peabody Glen Nursing  
Home and Rehabilitation

The Bryson Family  
in loving memory  
of Joe Bryson

Anonymous in memory  
of Mr. Arthur Warren,  
sadly missed

## MOVIES...every Wednesday!

### Free Popcorn and Soda Wide Screen Plasma Home Theatre System

August 3	Pride & Prejudice	PG	2005
August 10	Inception	PG-13	2010
August 17	State Fair	NR	1945
August 24	Little Fockers	PG-13	2010
August 31	Meet Me in St. Louis	NR	1944



If there is a flick you want to see?  
Call us or email us!



Movies are subject to availability.

## Help Wanted!

Lynn Council on Aging is currently seeking to hire  
the following positions:

Zumba Gold Instructor  
Computer Instructor

Call Stacey: 781-586-8503

## Lynn Water & Sewer Elderly Discount

- Must be 65 years of age or older
- Annual income from all sources must not exceed:  
\$20,000 single  
\$28,400 joint
- Necessary documentation:  
Proof of age  
Proof of all income  
Copy of Tax returns

Applications available at the Lynn Senior Center.  
Call 781-586-8503 and we will mail you one.  
For hands on assistance simply stop in.



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**Committed to Life at Home**

## **FREE!      Cooking for #1 Program**

The Lynn Council on Aging Senior Center proudly announces a free cooking program for seniors. Learn how to create affordable, healthy, tasty meals with hands on instructions with professional chef, Robin Lang. Each program is four classes. Class size is limited to six students and will take place in the large activity room at the senior center. The classes are progressive in such students are expected to attend all four classes to fully benefit from the program.



- #1      Friday, Aug 5              1pm-2pm  
Classroom session discussing menu planning, food prep, and budgeting
- #2      Friday, Aug 12            1pm – 3 pm  
Field Trip to Stop & Shop, learn to understand labels, how to choose good food at reasonable prices with coupons and flyers. Meet at senior center; bus leaves promptly at 1pm.
- #3      Friday, Aug 19            2:30 pm – 4 pm  
Hands on cooking demonstration at the Lynn Senior Center.
- #4      Friday, Aug 26            1pm-2pm  
Questions and Answers classroom review

### **Sept class dates 9, 16, 23, 30**

**Sign up is first come first serve. Call Kristi at 781-586-8618 to reserve your seat.**

*The Friends of the LCOA are grateful to Stop & Shop, for their major gift to support this wonderful program.  
Special thanks to Shaw's Supermarket for their generous contribution as well.*

## **Ombudsman Training**

### **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 on their rights**  
**work to ensure facilities are fulfilling their responsibilities and meeting the residents' needs**

A 3 day state training will be held locally on September 22<sup>nd</sup>, 23<sup>rd</sup>, and 26<sup>th</sup>.  
 For more information please call me at extension 548.

Have a happy and safe summer!

Diane McFarland  
 LTC Ombudsman Program Manager

## Retirement Word Search by PartySuppliesHut.com

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

CAKE  
 COWORKERS  
 EFFORT  
 GIFTS  
 HONOR  
 IRA  
 LAST DAY  
 PENSION  
 RETIRE  
 SPEECH  
 WORK  
 YEARS



**LYNN  
COUNCIL ON  
AGING**

John W. Baker



Edmund Brown



Daniel P. Hanlon



George Meimeteas



Charles Mitchell



Frances Taggart

**LYNN COUNCIL ON AGING SENIOR CENTER**

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

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**HEALTH FOCUS PROGRAM**  
**LYNN SENIOR CENTER**



**AUGUST 2011**

**VETERAN'S SERVICES**

August 9  
10:00 am - 12:00 pm

**BLOOD SUGAR TESTING  
FOR DIABETICS**

August 9  
8:30 am - 10:00 am  
*(Nurse available for any health questions.)*

**BLOOD PRESSURE**

August 23  
8:30 am - 10:00 am  
*(Nurse available for any health questions.)*

**MASSAGE THERAPY**

August 12 & August 26  
1:00 pm - 3:00 pm  
Call for appointment

**PODIATRIST**

August 4 & August 25  
10:00 a.m.  
Call for appointment.  
Bring insurance card

**HAIR SALON**

Wednesdays  
9:00 am - 1:00 pm  
Walk-ins or appointments