



Lynn Senior Center Newsletter

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

JULY 2011

ISSUE 179

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...

With Memorial Day and the end of another school year having come and gone, our thoughts turn to summer.

One event that is a highlight of the year is the fireworks display along the waterfront on Sunday, July 3. Lynn is again co-sponsoring the display with Swampscott. The Friends of Lynn & Nahant Beach will sponsor a free concert by Lois Lane and the Daily Planets at Red Rock Park at 7 p.m. The fireworks will go off at 9 p.m. I hope many of you will be able to make it down to the beach for this festive event.

Throughout the month, the Friends of Lynn & Nahant Beach will also sponsor Thursday night concerts at Red Rock Park, starting at 6 p.m. Performers include Curragh's Fancy, Mary Beth Maes Band, the Class-mates, Brian Maes Band and Toe Jam Puppet Band.

Also starting this month, the popular Farmer's Market will return to Central Square and will be held every Thursday through October from 11 a.m. to 3 p.m.

On July 16, Lynn Woods Reservation will be sponsoring a guided three-hour walk to explore mysterious Dungeon Rock Cave and the recently renovated Stone Tower. I invite you to introduce or re-introduce yourself, family and friends to Lynn's largest and truly historic park.

Best wishes for a safe and enjoyable summer.
Mayor Judith Flanagan Kennedy

Do they still have decorated bicycles in the 4th of July parades?

It was a blue Schwinn with a blue sparkly banana seat and patriotic tassels. Crepe paper weaved in and out of the spokes, red then white then blue like festive hub-caps. Plastic flags taped on the sissy bar flapping with speed. Playing cards clothes pinned on the spokes. Playing cards work best; because *Bicycle*® decks come in red and in blue. And **NEVER** use baseball cards as snappers on spokes! Stars and stripe pin-wheels strategically placed off the back reflector. Not a bicycle anymore, a 4th of July masterpiece to partake in the traditional parade of pride!

FARMERS MARKET COUPONS AND

HEALTH FAIR

JULY 28, 2011

8:00 A.M.—11:30 A.M.

FOOD STAMPS RETURNS!!!

Every Weds, 9am -3pm
Starting July 6th

JULY HAPPENINGS

Fri, July 1	Field Trip: Museum of Fine Arts	\$2	9:30 a.m. – 1:30 p.m.
Mon, July 4	Happy 4 th of July!		Center is closed
Weds, July 6	FOOD STAMPS		9:00 a.m. – 3:00 p.m.
Weds, July 6	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center		9:00 a.m. to 1:00 p.m.
Weds, July 6	Strength & Balance Exercise Class	\$5	NO CLASS TODAY
Thurs, July 7	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Thurs, July 7	Birthday Karaoke		11:30 a.m. – 1:00 p.m.
Weds, July 8	Strength & Balance Exercise Class	\$5	NO CLASS TODAY
Thurs, July 9	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Tues, July 12	Blood Sugar Clinic “Lucy Booth” Open! Nurse available for your questions.		8:30 a.m. – 10:00 a.m.
Tues, July 12	Veterans Services Office Hours		10:00 a.m. – 12:00 p.m.
Tues, July 12	Field Trip: Salem Willows	\$2	11:00 a.m. – 1:30 p.m.
Weds, July 13	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center		9:00 a.m. to 1:00 p.m.
Weds, July 13	Strength & Balance Exercise Class	\$5	11:30 am – 12:15 pm
Thurs, July 14	Podiatry Appointments call for appt		10:00 a.m. – 12:30 p.m.
Thurs, July 14	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Thurs, July 14	Lunch Trip: Cookout at Jesmond Nursing Home, Nahant	\$2	10:30 a.m. – 1:30 p.m.
Fri, July 15	Field Trip: Museum of Science	\$2	9:30 a.m. – 1:30 p.m.
Fri, July 15	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Fri, July 15	Boston Food Bank: <u>Brown Bag</u>		10:00 a.m. – 12:30 p.m.
Fri, July 15	Massage Therapy Appointments	\$5	1:00 p.m. – 3:00 p.m.
Mon, July 18	Women’s Group Meeting		11 am
Tues, July 19	FOXWOODS CASINO TRIP Pre paid reservation required	\$25	7:00 am – 6:30 pm
Weds, July 20	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center		9:00 a.m. to 1:00 p.m.
Weds, July 20	Field Trip: Kittery Outlets	\$2	9:30 a.m. – 2:00 p.m.
Weds, July 20	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Thurs, July 21	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Fri, July 22	Field Trip: Franklin Park Zoo	\$2	9:30 a.m. – 1:30 p.m.
Tues, July 26	Blood Pressure Clinic “Lucy Booth” Open! Nurse available for your questions.		8:30 a.m. – 10:00 a.m.
Tues, July 26	Field Trip: Butterfly Farm & Kimball Farms Includes entrance to butterfly farm and ride, lunch on own	\$12	9:30 a.m. – 1:30 p.m.
Weds, July 27	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center		9:00 a.m. to 1:00 p.m.
Weds, July 27	Strength & Balance Exercise Class	\$5	11:30 am – 12:15p.m.
Thurs, July 28	Farmer’s Market Coupons & Health Fair		8:00 a.m. – 11:30 a.m.
Fri, July 29	Massage Therapy Appointments	\$5	1:00 p.m. – 3:00 p.m.

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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.

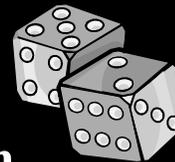
Prepaid reservations required.

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

(July 19, Aug 23, Sept 20)

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

From Revere

TWIN RIVERS \$18

(July 5, Aug 2, Sept 6, Oct 4)

MOHEGAN SUN \$25

Every Tuesday

(July 12, 19, 26, 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.

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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COMPUTER CLASSES

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.

IMPORTANT NOTICE!

Computer class schedule

The following is the updated computer class schedule:

August 1, 8, 15, 22, 29

Our apologies for the error in the June newsletter.

Next class: September 12, 19, 26, October 3, October 17

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 Pain Management



Pain is part of the body's alarm system. It tells you when something is wrong. It tells you to pull your hand from the hot stove.

Long lasting or chronic pain is different. It is not always easy to remove its source. Many people have found that by learning and practicing pain management skills, they can reduce or control their pain. Besides the health condition itself, many things can affect pain. Stress, poor sleep, the weather, depression, anxiety, lack of exercise can all increase pain.

Talk with your doctor about pain. Your doctor or nurse ask you to describe your pain.

Sometimes describing pain is difficult. Here are some questions to think about when explaining your pain:

- Where does it hurt?
- When did it start? Does the pain come and go?
- What does it feel like? Is the pain sharp, dull, burning? Would you use some other word to describe it?
- When do you feel the pain? In the morning? In the evening? After eating? Or when?
- Is there anything you do that makes the pain feel better or works? For example, if you use a heating pad or ice pack, does that help? Does changing your position from lying down to sitting up make it better? Have you tried over-the-counter medications for it?
- Do you have other symptoms?

The good news is that there a variety of ways to treat persistent pain. Ask your doctor about the options. Ask about possible referrals to a pain specialist or new ideas in dealing with the pain.

There are also many things you can do to help manage your chronic pain.

- Use the power of your mind and learn relaxation techniques
- Distract yourself so that you do not focus on the pain.
- Avoid or learn to control areas in your life that cause you stress
- Use your medications wisely
- Engage in mild appropriate physical activity
- Use humor, and practice a positive attitude
- Eat well and get adequate rest. Avoid tobacco, caffeine and alcohol.
- Pay attention to your emotional health

Managing your pain is essential to your quality of life. Inquire about *My Life, My Health*, a workshop for adults of any age who are experiencing similar challenges. Contact Jan Ferris at GLSS 781-586-8681

For information contact:
American Chronic Pain Association 1.800.533.3231, www.theacpa.org

American Pain Foundation 1-888-616-7246 www.painfoundation.org

Susan H. Brown RN at GLSS 781-599-0110 ext. 568

JULY 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Hamburg/Cheese Slice Lettuce & Tomato Corn/ Potato Salad Watermelon ALTERNATIVE Turkey Burger/Roll
4 HOLIDAY No Meal Service	5 Pesto Tyson Chicken Whipped Potato Italian Blend Veggies Chilled Fruit ALTERNATIVE Rib-B-Q/ BBQ Sauce	6 Stuffed Shells w/Meat Sauce Spinach Fresh Fruit ALTERNATIVE Cranberry Glazed Boneless Chicken Potato	7 Italian Wedding Soup California Chicken Salad/WW Pita Tossed Salad Brownie ALTERNATIVE Egg Salad/WW Pita	8 Roast Turkey w/Gravy Sweet Potato Green Beans/Muffin Chilled Pineapple ALTERNATIVE Broccoli & Cheese Fish Creole
11 Orange Pineapple Bone- less Chicken Veg Lo Mein Noodles/ Broccoli Cookie ALTERNATIVE Meatballs/Gravy	12 Pepper Steak/Sub Roll Home Fries Carrots Chilled Fruit ALTERNATIVE Omelet	13 Lemon Pepper Fish/Dill Sauce Cheddar Whipped Potato Tuscan Blend Veggies Jell-o ALTERNATIVE Lasagna/Meat Sauce	14 Cream of Broccoli Soup Meatloaf/Gravy Sour Cream Whipped Potato Fresh Fruit ALTERNATIVE Sweet & Sour Chix Tenders	15 Mac & Cheese Green & Golden Beans WW Roll Mandarin Oranges ALTERNATIVE Spanish Beef/Yellow Rice
18 Mustard Dill Roast Pork Oven Roasted Potato Butternut Squash Chilled Fruit ALTERNATIVE Chix Filet Sandwich	19 Eggplant Parm Rotini/Meat Sauce Roman Blend Veggies Fresh Fruit ALTERNATIVE Haitian Turkey/Potato	20 Citrus Tyson Chicken Lyonnaise Potato Country Blend Veggies Pudding ALTERNATIVE Liver & Onions	21 Chili/Shredded Cheese Tossed Salad/White Rice Corn Bread Chilled Pineapple ALTERNATIVE Chix Teriyaki/Rice	22 Minestrone Soup Turkey Salad Potato Salad Cake ALTERNATIVE Ham Salad
25 Stuffed Peppers/Sauce Diced Seasoned Potatoes Spring/Summer Blend Veggies Chilled Fruit ALTERNATIVE Chix Filet Sandwich	26 Mushroom Barley Soup Tuna Salad Purple Cabbage Cole Slaw Apple Crisp/Topping ALTERNATIVE Shaved Roast Beef	27 Kielbasa Noodle Casserole Zucchini/Red Pepper Fresh Fruit ALTERNATIVE Salisbury Steak Potato	28 Boneless Chicken Tarragon Scalloped Potato Fiesta Mix Veggies Jell-o ALTERNATIVE Pork Patty/Gravy/Potato	29 Swedish Meatballs/ Gravy Whipped Potato Beets/ Garlic Roll Chilled Fruit ALTERNATIVE Veggie Quiche

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SENIOR CENTER ACTIVITIES • JULY 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	1:00-2:00 ZUMBA GOLD	2:00-3:00 HORSE RACE GAME	
		1:00 – 3:00 MOVIE		
		1:00-3:00 'PENNY ANTE' POKER		

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This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.

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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...

In loving memory of
Arthur Warren

~ Marie Pellegrini

In loving memory of
Netty Schailer

~Joan B. Noble

In loving memory of
Arthur Warren

~Linda Rosendahl

In loving memory of
Arthur Warren

~Joan B. Noble

THANK YOU...

Thank you for your generous
donation

Marie G. Hester

Thank you for your generous
donation

Florence Frasca

From the FRIENDS OF THE LYNN COUNCIL ON AGING, the Senior Center Staff, and all the seniors...

Our annual Independence Day BBQ Cook-out would not have been such a success without the support of the following donors. We thank you and are grateful for your continued generosity!

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MOVIES...every Wednesday!

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

July 6	Extraordinary Measures	PG-13	2010
July 13	Ghost	PG-13	1990
July 20	Life As We Know It	PG-13	2010
July 27	Memory Keeper's Daughter	NR	2008



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



TUTORS!

Volunteer tutors needed to teach reading, writing and math to middle school and high school students. Make your own schedule and hours...

M-F 9 am – 12 pm

270 Union Street (across the street from the senior center)

College Application Education Project,
contact Arthur Akers at 781-595-1022

In need of needles! CROCHET NEEDLES

Not using your crochet needles? Send them our way!

Join our arts & crafts group on Weds, 9:30 am – 11am and learn some neat stuff.

This is the only time we will see & live this event!

This year, July has 5 Fridays, 5 Saturdays and 5 Sundays. This happens once every 823 years.

This is called money bags. So, forward this to your friends and money will arrive within 4 days. Based on Chinese Feng Shui.

The one who does not forward... will be without money.

July

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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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

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.

FREE FRIDAYS!!!

Due to the generosity of the McGrath Family and the Highland Street Foundation, Free Fridays are back!!! For a complete list go to www.Highlandstreet.org
Below is a PARTIAL list of local events free to everyone. Bus trips for these events from the Lynn Senior Center are noted with travel times. If there is no travel times listed, the senior center is not providing transportation but you are free to attend on your own. For RIDE users, please book your return trip home for 3pm.

July 1	Museum of Fine Arts Boston	9:30 am - 1:30 p.m.	\$2
July 8	Plimoth Plantation		
July 15	Museum of Science Boston	9:30 am – 1:30 p.m.	\$2
July 22	Franklin Park Zoo Dorchester	9:30 am – 1:30 p.m.	\$2
July 22	Peabody Essex Museum Salem		
July 29	Boston Children's Museum		
Aug 5 th	Institute of Contemporary Art Boston		
Aug 12 th	JFK Library & Museum Boston	9:30 am – 1:30 p.m.	\$2
Aug 12 th	Stone Zoo Stoneham		
Aug 19 th	USS Constitution Museum Boston		
Aug 26 th	Old Sturbridge Village Sturbridge		

60s Word Search

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 X A D O P K A E D J O T D I I
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 D R P G H L B L Z E D T E F B
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 FLOWERS
 FREE LOVE
 GROOVY
 HENDRIX
 HIPPIES
 MARY JANES
 PEACE
 PROTESTS
 SIXTIES
 THE MONKEYS
 VIETNAM
 WOODSTOCK



**LYNN
COUNCIL ON
AGING**

John W. Baker



Edmund Brown



Daniel P. Hanlon



George Meimeteas



Charles Mitchell



Frances Taggart

LYNN COUNCIL ON AGING SENIOR CENTER

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HEALTH FOCUS PROGRAM
LYNN SENIOR CENTER



JULY 2011

VETERAN'S SERVICES

July 12th
10:00 am - 12:00 pm

**BLOOD SUGAR TESTING
FOR DIABETICS**

July 12th
8:30 am - 10:00 am
(Nurse available for any health questions.)

BLOOD PRESSURE

July 26th
8:30 am - 10:00 am
(Nurse available for any health questions.)

MASSAGE THERAPY

July 15th and July 29th
1:00 pm - 3:00 pm
Call for appointment

PODIATRIST

July 14th
10:00 a.m.
Call for appointment.
Bring insurance card

HAIR SALON

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