



Lynn Senior Center Newsletter

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

JUNE 2011

ISSUE 178

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...

Greetings, I hope you are enjoying these long, sunny days as we venture closer to summer.

This month, the Lynn Auditorium will be hosting two exciting shows on Friday, June 3 and Saturday, June 4. Big Bad Voodoo Daddy, a contemporary swing revival band from southern California, will perform on Friday night. Doors open at 7 p.m. The next evening, The Flamingos, who are members of The Rock 'N Roll Hall of Fame and The Grammy Hall of Fame, will bring back some of their memorable hits from the 1950s, alongside The Marcells, another band from the golden age of Rock 'n Roll. Doors open at 6:30 p.m. For tickets or more information, visit <http://www.lynnauditorium.com/> or call 781) 581-2971.

It is also an exciting time for our students, who will be wrapping up another successful school year. I look forward to attending the graduation ceremonies of all of our Lynn high school students.

The City will also be commemorating Flag Day on June 14 and remembering all those who have dedicated their time and service to this country.

Finally, I would like to wish a happy Father's Day to all of you who are fathers and grandfathers. I hope you enjoy a special day with your families.

Best,
Mayor Judith Flanagan Kennedy

Fond memories and quotes from our Dads:

Rosa

Calin Arias, my father passed away when I was 4yrs old. I remember him well and still miss him so. He said, "Let my Rosa have a beautiful doll bigger than herself!"

Kristi

As a child, I wet my bed and Dad said, "Good morning, twinkle toes!"

As a teenager, when he didn't care for my boyfriend, he'd say, "Where's meat head picking you up tonight?"

As an adult, when things were down and out, he would say, "pick up your head and keep on trucking!"

Stacey

"Were you born in a barn?"

"You think money grows on trees?"

"Does your mother know about this?"

"If I have to get out of this chair... like a cliff hanger; he never got out of that chair!"

JUNE HAPPENINGS

Weds, June 1st	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center		9:00 a.m. – 1:00 p.m.
Weds, June 1st	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Thurs, June 2 nd	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Thurs, June 2 nd	Podiatry Appointments (call for appt)		10:00 a.m. – 12:30 p.m.
Tues, June 7 th	Birthday Karaoke		11:30 a.m. – 1:00 p.m.
Weds, June 8 th	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center		9:00 a.m. – 1:00 p.m.
<i>Weds, June 8th</i>	<i>Free Speaker! United Home Care "Exercise for seniors"</i>		11:30 a.m. – 12:30 p.m.
Weds, June 8 th	Strength & Balance Exercise Class	\$5	11:30 am – 12:15 pm
Thurs, June 9 th	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Thurs, June 9 th	Lunch Trip: Swan Boats	\$5	10:30 a.m. – 1:30 p.m.
	Boxed lunch provided		
Fri, June 10 th	Massage Therapy Appointments	\$5	1:00 p.m. – 3:00 p.m.
Tues, June 14 th	Blood Sugar Clinic "Lucy Booth" Open! Nurse available for your questions.		8:30 a.m. – 10:00 a.m.
Tues, June 14 th	Veterans Services Office Hours		10:00 a.m. – 12:00 p.m.
Tues, June 14 th	Lunch Trip: Clam Box Ipswich	\$2	10:30 a.m. – 1:30 p.m.
Weds, June 15 th	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center		9:00 a.m. – 1:00 p.m.
Weds, June 15 th	Lunch Trip: Castle Island	\$2	10:30 a.m. – 1:30 p.m.
Weds, June 15 th	Strength & Balance Exercise Class	\$5	11:30 am – 12:15 pm
Thurs, June 16 th	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Thurs, June 16 th	Live Entertainer: Tommy Rull		12:00 p.m. – 1:00 p.m.
Fri, June 17th	Boston Food Bank: <u>Brown Bag</u>		10:00 a.m. – 12:30 p.m.
Mon, June 20th	Women's Group Meeting		11:00 a.m.
Tues, June 21st	FOXWOODS CASINO TRIP Pre paid reservation required	\$25	7:00 am – 6:30 pm
Weds, June 22 nd	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center		9:00 a.m. – 1:00 p.m.
Weds, June 22 nd	Field Trip: Faneuil Hall	\$2	10:30 a.m. – 1:30 p.m.
Weds, June 22 nd	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Thurs, June 23 rd	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Thurs, June 23 rd	Podiatry Appointments (call for appt)		10:00 a.m. – 12:30 p.m.
Mon, June 27 th	Jan Marble Memorial Walk & Fort Independence Tour Castle Island South Boston	\$2	10:00 a.m. departure
Tues, June 28 th	Blood Pressure Clinic "Lucy Booth" Open! Nurse available for your questions.		8:30 a.m. – 10:00 a.m.
Tues, June 28 th	Field Trip: Salem Willows	\$2	11:00 a.m. – 1:30 p.m.
Weds, June 29 th	HAIR SALON HOURS (please call)		
Weds, June 29 th	Strength & Balance Exercise Class	\$5	11:30 am – 12:15p.m.
Thurs, June 30th	Annual Independence Day BBQ		11:30 a.m. – 2:30 p.m.
Mon, July 4th	Happy Fourth of July!!		Center is closed



PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

7 Liberty Square • Lynn, Massachusetts



**HARBOR
LOFT**
APARTMENTS

*Now Accepting Applications
Subsidized Elderly Housing*

Call 781-593-5700



Space for Sale

SPONSOR THIS NEWSLETTER!!!
For more information, please call

800-732-8070

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

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 Lynn Senior Center

FOXWOODS \$25 3rd Tues - every month

7 am - 6:30 pm

Includes: \$10 Keno Play and \$15 food voucher

From Revere

TWIN RIVERS \$18 June 16th

MOHEGAN SUN \$25 Every Tuesday

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

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

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**

Senior Homecare By Angels.

Up to 24 Hour Care
Meal Preparation
Light Housekeeping
Errands/Shopping
Respite Care for Families
Rewarding Companionship

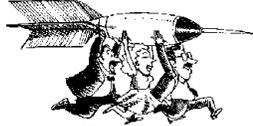
Remain
Comfortable
in your
Own Home!

Select Your
Caregiver.

781-395-0023

America's Choice in Homecare.
VisitingAngels.com

**KEEP YOUR BUSINESS
ON TARGET!
Call Today to Advertise!
800-732-8070**



**KEEP YOUR BUSINESS
ON TARGET!
Call Today to Advertise!
800-732-8070**

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.

CLASS SCHEDULE: MONDAYS...

Dates: July 11, 18, 25, Aug 1, 8

Next Dates: Aug 22, 29, Sept 12, 19, 26

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

(781) 595-9415 • Fax (781) 599-6994



R & R American
AUTOMOTIVE DIAGNOSTIC CONSULTANT

Specializing in Electronic Tune-ups

visit our website: www.ramerican.com

109 Lynnfield Street • Lynn, Massachusetts 01904

Rod Deland, Proprietor

Complete

Diagnostics:

STARTER

ALTERNATOR

ALL BRAKES

All Types of Repair

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)

**BOSTON
UNIVERSITY**

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 us
at 617-638-1981**

*Caring For You...
Caring About You*

At Twin Oaks Care and Rehabilitation Center, we provide quality healthcare services for our patients. Whether you need short-term rehabilitation or long-term care, we're here to serve your needs. We focus on the person, addressing your physical health as well as your social and spiritual needs.



**TWINOAKS
CARE & REHABILITATION**
Caring is the Key in Life

(978) 777-0011



63 Locust Street • Danvers, MA • www.sunbridgehealthcare.com



Wellness Watch

Preventing Falls-What you can do.



More than one-third of adults over the age 65 fall each year. As we get older, falls become much more dangerous. The consequences of a fall can be serious and compromise an individual's independence.

Falls may occur because of some of the changes as we age. Declining vision, balance and strength increase the changes of falling. Medicines can cause dizziness, slowing of reaction time or other side effects. The environment in the home may create safety hazards.

Most falls can be prevented. Listed below are some of the things you can do to lower your chances of falling.

Know your Medicines.

- Keep a current list of all your prescription and over the counter medicines.
- Review this list with your doctor and pharmacist on each visit.
- Ask about side effects that may increase your risk of falling.
- If you are given a new medicine ask if it will interact with current medicines, possibly causing side effects.
- Ask how to take your medicines correctly.
- Ask about how alcohol interacts with your medicines. Dangerous side effects can result from mixing alcohol and medicine.

Stay Strong with Exercise

- Regular physical activity makes your muscles stronger, improves flexibility, balance, strength and endurance
- Investigate exercises recommended for older adults
- Join an organized exercise or strength training program, dance more, Yoga and Tai Chi are great for flexibility and balance. Water aerobics works well if you have arthritis or other joint diseases.

Create a Safe Home Environment

- Have your home checked for changes that will prevent falls.
- Talk with your doctor to see if a cane, walker, or other device can help you maintain balance
- Remove things you can trip over. Use non-slip mats in bathtub and shower.
- Use brighter light bulbs.
- Wear shoes with good support and non-slip soles

Have your vision checked. Poor vision increases your risk of falling.

- An out of date glasses prescription can create vision problems
- A condition like glaucoma or cataracts can limit your vision.

Adapted from *What You Can Do to Prevent a Fall*, by Carolyn M. Clancy, MD, Agency for Healthcare Research and Quality. www.ahrq.gov/consumer/cc

Resources:

Consider the program *Matter of Balance*, listed in the newsletter. It is a great program that provides information and skills that will aid you in preventing falls.

Call 1-800-222-2225 or visit [www.nia.nih.gov/Health for Information /Publications/falls](http://www.nia.nih.gov/Health%20for%20Information/Publications/falls) for free material in English and Spanish on preventing falls, exercise tips and more.

Log on to <http://nihseniorhealth.gov>. This NIH Senior Health site provides material on a variety of topics. Print can be enlarged, or the topic spoken at the site. Free copies of material can also be downloaded.

For more information contact:

Susan H. Brown RN/GLSS Community Education Nurse/781.586.8568/sbrown@glss.net

JUNE 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 American Chop Suey Spinach Jell-o ALTERNATIVE Chicken Marsala Whipped Potato	2 Potato Leek Soup Chicken Caesar Salad Cookie ALTERNATIVE Egg Salad Tossed Salad	3 Seafood Burrito/Sauce Italian Blend Veggies Brown Rice Pilaf Fresh Fruit ALTERNATIVE Salisbury Steak w/ Gravy
6 Lasagna w/Meat Sauce Zucchini/Red Pepper Chilled Peaches ALTERNATIVE Chicken Filet Sandwich Lettuce & Tomato/ Potato	7 Rosemary Herb Tyson Chicken Whipped Potato Roman Blend Veggies Pudding w/Topping ALTERNATIVE Liver & Onions/Gravy	8 Swedish Meatballs/Gravy Lyonnaise Potatoes Beets Fresh Fruit ALTERNATIVE Haitian Turkey	9 Cream of Broccoli Soup Veal Cacciatore Steamed Rice Chilled Apricots ALTERNATIVE Lemon Pepper Boneless Chicken	10 Hot Dog/Roll Veggie Baked Beans Cole Slaw Apple Crisp/Topping ALTERNATIVE Fiesta Fish
13 Meatloaf/Gravy Lyonnaise Potatoes Italian Blend Veggies Muffin/Chilled Mixed Fruit ALTERNATIVE Boneless Chicken Floren- tine	14 Spring Garden Soup Sliced Turkey/WW Pita Ghiaia Salad Jell-o/Topping ALTERNATIVE Seafood Salad/WW Pita	15 Chicken Broccoli Pasta Casse- role Carrots Chilled Apple Sauce ALTERNATIVE Pork Patty/Gravy Whipped Potato/Carrots	16 SPECIAL Cranberry Juice Burgundy Glazed Pot Roast Duchess Potatoes/WW Roll Green Beans Almondine Blueberry Cake/Ice Cream	17 Meatball Sub Home Fries Jardiniere Veggie Fresh fruit ALTERNATIVE Omelet/Cheese Sauce
20 Beef Rib-B-Q/Gravy Corn Pudding/Green Beans Chilled Mandarin Or- anges ALTERNATIVE Spanish Chicken Rice & Beans/Green Beans	21 Garlic Paprika Tyson Chicken Sour Cream Whipped Potato Butternut Squash Chilled Pears Liver & Onions/Gravy Potato/Squash	22 Apple Glazed Roast Pork Scalloped Potatoes Peas & Carrots Fresh Fruit ALTERNATIVE Sweet & Sour Chix Tenders	23 Chicken Noodle Soup Tuscan Tuna Tossed Salad Pudding/Topping ALTERNATIVE Shaved Roast Beef	24 Stuffed Peppers/Sauce Lyonnaise Potatoes Italian Blend veggie Cake ALTERNATIVE Mushroom Quiche
27 Boneless Chicken tarra- gon Scalloped Potato Roman Blend veggies Chilled Peaches ALTERNATIVE Stuffed Shells/sauce	28 Beef Stir Fry Stir Fry Veggies/Steamed Veggies Cake/Topping ALTERNATIVE Chicken Teriyaki Steamed Rice/Veggies	29 Minestrone Soup Potato Crunch Fish/Sauce Garlic Whipped Potato Chilled Apple Sauce ALTERNATIVE Salisbury Steak/Gravy	30 SENIOR CENTER BBQ / Hamburgers/ Hot Dogs / Buns Potato Salad Corn on the Cob Watermelon Spring Water	

Elder Service Plan
of the North Shore, Inc.



- Primary and Specialty Medical Care
 - Adult Day Centers • In-home Support and Care
- 9 Buffum St., Lynn
1-877-803-5564

**IT'S NOT TOO LATE
TO SPONSOR
THIS NEWSLETTER!!!**

**Please call 800-732-8070
to place an ad.**



**CUFFE-McGINN
FUNERAL HOME**

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



Member of
AllegianceService
Corp. Inc.

SENIOR CENTER ACTIVITIES • JUNE 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		

*Chances are with just ONE AD,
you'll get MORE THAN
ONE new customer!*



HURRY!!!

SPONSOR THIS NEWSLETTER!



Best Home Care
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

For Ad Info Call

1 800-732-8070

© Community Publications, A Division of LPI

Lynn Senior Center, Lynn MA. 06-5123

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



**DON'T KEEP
YOUR BUSINESS
A SECRET!**
ADVERTISE HERE!
800-732-8070



**SPONSORS
WANTED!!!**



An Affordable
Assisted Living
Senior Residence
 Harborlight House
 1 Monument Square
Beverly, MA 01915
 Call Us For Information
 (978) 927-2121

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

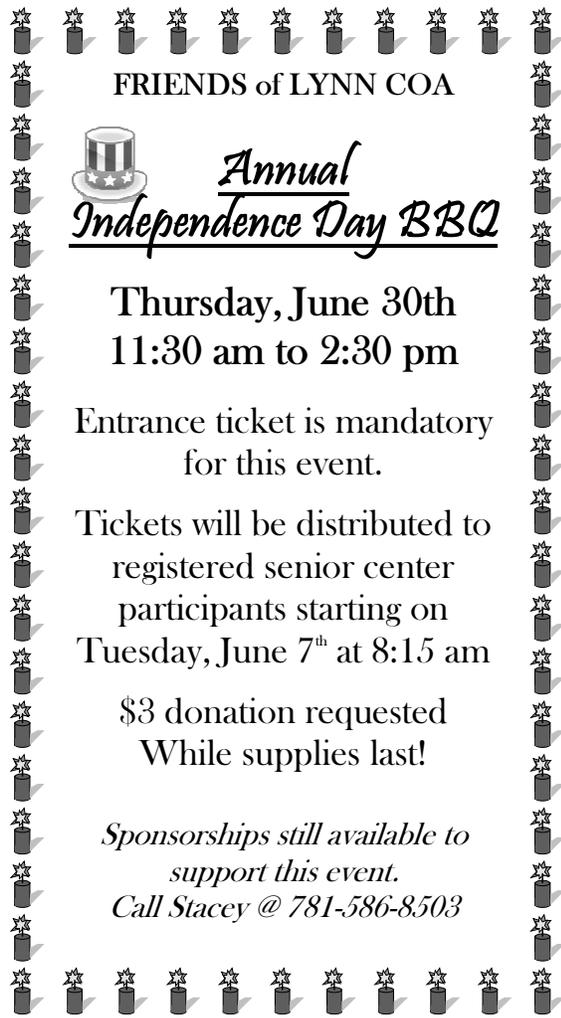
Please accept my donation of \$ _____
 _____ in memory of _____ in honor of _____
 Send card to: _____
 Donated by: _____
 Thank you.

IN LOVING MEMORY...

- In loving memory of Joseph Porcella
Rita E. Porcella
- In loving memory of Karin and
Kenneth Martin
Karin J. Martin
- In loving memory of Joseph Bryson
A Sports Fan
- In loving memory of Anne McCue on
her Birthday, June 6... We miss you!
Senior Moments Tap Group

THANK YOU...

- Thank you for the generous donation with a message to keep up the good work at the Lynn Senior Center. It shows how much your hard work matters. Please tell the staff they are appreciated.
Anonymous Donor
- Keep up the good work!
The Morellas
- Thank you for your generosity
Anonymous Donor



FRIENDS of LYNN COA

*Annual
Independence Day BBQ*

**Thursday, June 30th
11:30 am to 2:30 pm**

Entrance ticket is mandatory for this event.

Tickets will be distributed to registered senior center participants starting on Tuesday, June 7th at 8:15 am

**\$3 donation requested
While supplies last!**

*Sponsorships still available to support this event.
Call Stacey @ 781-586-8503*

**ADVERTISE
HERE**
It makes sense to concentrate your advertising where it does most good - right in your neighborhood!
You pay only the advertising cost. Public relations and good will values are free.
This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.
 Convenient Budget Payment Terms.
 Call **800-732-8070**

MOVIES...every Wednesday!

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

June 1	Whose Afraid of Virginia Woolf?	NR	1966
June 8	Narnia: The Voyage of the Dawn	PG	2010
June 15	Grumpy Old Men	PG-13	1993
June 22	Yogi Bear	PG	2010
June 29	Flyboys	PG-13	2006



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



Movies are subject to availability.

Cooking for #1 session:

July 8, 15, 22, 29



**ARE YOU A WOMAN 50 OR OLDER WHO HAS EXPERIENCED ABUSE?
YOU'RE NOT ALONE. WE CAN HELP.**

**Older Battered
Women's Program**
TEL **781-599-0110**
TDD **781-477-9632**
TOLL FREE **1-800-594-5164**

*Confidential counseling,
legal advice, a friend.*

**24-hour help is also available toll free, from the
Massachusetts Office of Elder Affairs: 1-800-922-2275
Domestic Violence Hotline: 1-877-785-2020**



Chestnut Gardens APARTMENTS

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



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

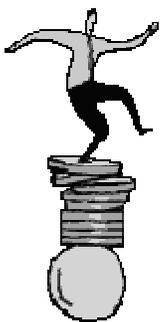
233 Albion Street Wakefield

Committed to Life at Home

June! June! June!

June 7	Birthday Karaoke		11:30 am – 1 pm
June 9	Swan Boats with picnic lunch	\$5	10:30 am – 1:30 pm
June 14	Clam box, Ipswich (lunch on your own)	\$2	10:30 am – 1:30 pm
June 15	Castle Island	\$2	11:00 am – 2:00 pm
June 16	Live Entertainment!!! Tommy Rull		12 noon
June 17	Father's Day Omelet Breakfast	\$2	8 am -9 am
June 22	Faneuil Hall	\$2	10:30 am – 1:30 pm
June 27	Castle Island - Keep Moving Walk	\$2	10:00 am – 1:30 pm
June 30	ANNUAL INDEPENDENCE DAY BBQ COOKOUT		11:30 am – 2:30 pm

“A MATTER OF BALANCE WORKSHOP”



In this fall prevention workshop you will learn to view falls as controllable, set goals for increasing activity, and exercise to increase strength and balance. This workshop will be free!

If you are interested, please call Laura @ 781-586-8579 to reserve your seat.

Stroke Support Group



Third Wednesday of the month
10:30 am
Salem Hospital
Room D102A

June topic:
**Improving Our Health
 Through Wellness and
 Integrative Therapies**

50s Word Search

By PartySuppliesHut.com

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

DANCE
 ELVIS
 FUN
 GREASE
 JAMES DEAN
 MALT SHOP
 MOTORCYCLE
 PONY TAILS
 RADIO
 REBEL
 ROCK N ROLL
 SODA POP
 SUNGLASSES



**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

CAPTURE THE PRIDE

RETURN SERVICE REQUESTED

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



HEALTH FOCUS PROGRAM
LYNN SENIOR CENTER



JUNE 2011

VETERAN'S SERVICES

June 7th
10:00 am - 12:00 pm

**BLOOD SUGAR TESTING
FOR DIABETICS**

June 7th
8:30 am - 10:00 am
(Nurse available for any health questions.)

BLOOD PRESSURE

June 21st
8:30 am - 10:00 am
(Nurse available for any health questions.)

MASSAGE THERAPY

June 10th
1:00 pm - 3:00 pm
Call for appointment

PODIATRIST

June 2nd and June 23rd
10:00 a.m.
Call for appointment.
Bring insurance card

HAIR SALON

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