

OCTOBER HAPPENINGS

Mon, Oct 3 rd	Topsfield Fair \$4 plus \$7 entrance ticket on your own Arrange for THE RIDE to return home for 4:30 p.m.	10:30 a.m. – 3:30 p.m.
Tues, Oct 4th	Birthday Karaoke	11:30 a.m. – 1:00 p.m.
Weds, Oct 5th	FOOD STAMPS	9:00 a.m. – 3:00 p.m.
Weds, Oct 5th	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center	9:00 a.m. to 1:00 p.m.
Weds, Oct 5th	Strength & Balance Exercise Class \$5	11:30 a.m. – 12:15 p.m.
Thurs, Oct 6th	Safety for Seniors TRIAD Meeting “light refreshments served”	10 am
Thurs, Oct 6th	Take Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Thurs, Oct 6th	Podiatry Appointments call for appt	10:00 a.m. – 12:30 p.m.
Fri, Oct 7 th	Strength & Balance Exercise Class	No class today
Mon, Oct 10th	Columbus Day	Center is Closed
Tues, Oct 11 th	Blood Sugar Testing “Lucy Booth” Open! Nurse available for your questions.	8:30 a.m. – 10:00 a.m.
Tues, Oct 11 th	Veterans Services Office Hours confirmed	10:00 a.m. – 12:00 p.m.
Weds, Oct 12th	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center	9:00 a.m. to 1:00 p.m.
Weds, Oct 13 th	TURKEY TRAIN Pre-paid reservation required \$65 Hart’s Farm Turkey Dinner aboard a Nostalgic Train riding around Lake Winnepesaukee. Sightseeing with a farm stand stop on the way home!	8 am prompt - 5:30 p.m.
Weds, Oct 12th	Strength & Balance Exercise Class \$5	No class today
Thurs, Oct 13th	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Fri, Oct 14 th	Lunch Trip: Lynn Tech \$2	11:00 a.m. – 1:00 p.m.
Fri, Oct 14 TH	Strength & Balance Exercise Class \$5	No Class Today
Fri, Oct 14 th	Massage Therapy Appointments \$5	1:00 p.m. – 3:00 p.m.
Mon, Oct 17th	Women’s Group Meeting	11 am
Tues, Oct 18th	FOXWOODS CASINO TRIP \$25 Pre paid reservation required	7:00 am – 6:30 pm
Weds, Oct 19 th	Lunch Trip: Jimmy’s Steak House \$2	11:00 a.m. – 1:30 p.m.
Weds, Oct 19th	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center	9:00 a.m. to 1:00 p.m.
Weds, Oct 19 th	Strength & Balance Exercise Class \$5	11:30 a.m. – 12:15 p.m.
Thurs, Oct 20 th	Field Trip: Mystery Foliage Tour \$2	9:30 a.m. – 3:00 p.m.
Thurs, Oct 20th	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Fri, Oct 21st	Boston Food Bank: <u>Brown Bag</u>	10:00 a.m. – 12:30 p.m.
Tues, Oct 25 th	Blood Pressure Testing “Lucy Booth” Open! Nurse available for your questions.	8:30 a.m. – 10:00 a.m.
Tues, Oct 25th	DANCE CALIENTE: “DANCING THROUGH THE DECADES” Sponsored by the Lynn Cultural Council	12 noon
Weds, Oct 26th	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center	9:00 a.m. to 1:00 p.m.
Weds, Oct 26 th	Field Trip: Lunch & Horseracing at SAUGUS CARE	10:30 a.m. – 1:30 p.m.
Weds, Oct 26th	Strength & Balance Exercise Class \$5	11:30 am – 12:15p.m.
Thurs, Oct 27 th	T.O. P.S. Taking off Pounds Sensibly	10:00 am – 11:00 am
Thurs, Oct 27 th	FRIENDS Meeting	10:00 a.m. – 11:00 a.m.
Thurs, Oct 27th	Podiatry Appointments call for appt	10:00 a.m. – 12:30 p.m.
Fri, Oct 28 th	Massage Therapy Appointments \$5	1:00 p.m. – 3:00 p.m.

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

7 Liberty Square • Lynn, Massachusetts



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

WENDESDAY, 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.

MONDAY, 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.

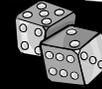
Prepaid reservations required.

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

(Oct 18, Nov 15)

7 am - 6:30 pm.

Includes: \$10 Keno Play & \$10 food voucher

From Revere

TWIN RIVERS \$18

Oct 13, Nov 17, Dec 15

10:30 am— bus leaves from Revere

7:00 pm—bus departs from casino in RI

MOHEGAN SUN \$25

Every Tuesday

10:30 am— bus leaves from Revere

7:30 pm—bus departs from casino in CT

**Bus leaves from Revere Taco Bell @
North Gate Plaza. Pay on bus!
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.

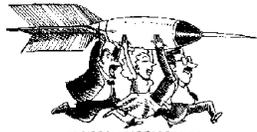
781-395-0023

America's Choice in Homecare.
VisitingAngels
Home Health Services

**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.

Computer class schedule:

October 31, November 7, 14, 21, 28

Next Class: Jan 9, 16, 23, 30, Feb 6

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.rramerican.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



Pre-Diabetes or type 2 Diabetes: What you can do to Remain Healthy

As people get older their risk for Pre-Diabetes or Type 2 Diabetes increases.

Type 2 Diabetes is a disease in which blood sugar (glucose) levels are above normal. Cells in the body are unable to use the blood sugar properly. This can cause problems including heart disease, stroke, blindness, and kidney disease. Blood sugar levels are higher than normal in pre-Diabetes. They are not high enough to be classified as type 2 diabetes.

Diabetes is a silent disease. You can have it for years and never know. If you are 45 years or older consider being tested for pre-Diabetes or Diabetes. If you are overweight, it is strongly recommended that you get tested. Ask your doctor if you are at risk.

The good news is there is something you can do that can help prevent and/or manage these two health conditions. Talk with your doctor or nurse. Even if you have lived with Diabetes for a long there is new information that can help.

Losing weight can improve your blood glucose (sugar). Ask for some help from your doctor or dietitian to create a healthy food plan for you. Stay active most days of the week. Any type of physical activity helps you to lower blood glucose.

Participate in a group where you can learn skills and strategies that will help you stay healthy. GLSS sponsors *My Life, My Health* workshops, one of which is specifically designed for individuals of any age living with Diabetes, at risk for Diabetes or caregivers of individuals living with Diabetes.

DIABETES SELF-MANAGEMENT WORKSHOP

Is Diabetes affecting your quality of life? The Diabetes Self-Management Workshop is for adults of any age who are living with diabetes or are at risk for diabetes. This 6-week workshop includes suggestions on meal planning and strategies for living well with diabetes. The workshop provides an opportunity to share with others and learn new skills.

WORKSHOP DETAILS

October 17, 2011 to November 21, 2011

Mondays 6pm to 8:30pm

First Church of Swampscott, 40 Monument Avenue, Swampscott, MA.

Nominal fee to cover cost of materials.

Participants who complete the workshop will receive a full refund.

Registration: Contact Jan Ferris 781-586-8681 or jferris@glss.net.

Additional information is available on managing or lowering your risk of pre-diabetes and diabetes:

- *National Diabetes Education Program at www.ndep.nih.gov. Or call 1-800-438-5383 for free materials.*
- *National Institute of Health –Senior Health www.nihseniorhealth.gov. This is an easy to use site with health information for older adults*
- *The American Diabetes Association www.diabetes.org, or 1-800-342-2383. There is a free on-line program, Living with Type 2 Diabetes, at this site.*

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

OCTOBER 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Rosemary Tyson Chicken Cheddar Whipped Potato Veggie Ratatouille Chilled Apple Sauce ALTERNATIVE Pork Patty/Gravy	4 Hot Dog/Roll Veggie Baked Beans Cole Slaw Cookie ALTERNATIVE Rib-B-Q/Gravy	5 Beef Stew Diced Potato Stew Veggies Pudding ALTERNATIVE Chicken Picatta/Peas	6 Potato Chowder MB Calzone w/Sauce/ Salad Whipped Potatoes Chilled Peaches ALTERNATIVE Turkey Burger	7 Fiesta Fish Newburg Whipped Potato Country Style Veggies Fresh Fruit ALTERNATIVE Salisbury Steak/Gravy
10 HOLIDAY No Meal Service	11 Stuffed Shell/Meat Sauce Spinach/ Dinner Roll Chilled Mixed Fruit ALTERNATIVE Haitian Turkey Whipped Potato	12 Garlic Boneless Chicken O'Brien Potatoes Country Blend Veggies Fresh Fruit ALTERNATIVE Ham & Cheese Quiche	13 Cream Of Broccoli Soup Sliced Turkey/Wheat Bulkie Tossed Salad Brownie ALTERNATIVE Shaved Roast Beef/Bulkie	14 Veal Cacciatore Steamed Rice Italian Green Beans Scali Bread/Jell-o ALTERNATIVE Chicken Marsala
17 Eggplant Parmesan Rotini/Meat Sauce Peas & Carrots Mandarin Oranges ALTERNATIVE Chicken Paprika/Potato	18 Cran Glazed Tyson Chicken Scalloped Potato Green & Golden Beans Fresh Fruit ALTERNATIVE Liver & Onions/Gravy	19 AUTUMN SPECIAL Beef Burgundy Seasoned Red Bliss Potato Baby Carrots Buttermilk Biscuit Choc Chip Pumpkin Pudding	20 Potato Crunch Fish/Dill Lyonnaise Potato Winter Squash Chilled Pears ALTERNATIVE Meatballs/Gravy	21 Chix Veggie Soup Meatloaf/Gravy Brown Rice Pilaf Cake ALTERNATIVE Spanish Chix/Rice
24 Roast Pork/Gravy Oven Roasted Potato Fiesta Veggie Chilled Peaches ALTERNATIVE Gr Grilled Chix Sandwich	25 Swedish Meatballs/Gravy Whipped Potato Beets Apple Crisp/Topping ALTERNATIVE Veggie Quiche	26 Orange Pineapple Bnlss Chix Veggie Lo Mein Roman Blend Veggie Jell-o ALTERNATIVE Spanish Beef/ Yellow Rice	27 Chili/Grated Cheese Steamed Rice Tossed Salad/Corn Bread Chilled Pineapple ALTERNATIVE Chicken Teriyaki	28 Turkey/ Gravy/Cran Stuffing/Sweet Potato Peas & Onions/Muffin Fresh Fruit ALTERNATIVE Salisbury Steak/Gravy
31 Mac & Cheese Gr Beans & Red Pepper Garlic Roll Cookie ALETRNATIVE Sweet Sour Chix Tenders				

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
Aldenwood Service
Corp. Inc.

SENIOR CENTER ACTIVITIES • OCTOBER 2011

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 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	10:45-12:30 LUNCHEON	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 (Call first!)	11:30-12:15 EXERCISE CLASS	1:30-3:30 JAPANESE BUNKA EMBROIDERY	1:15-2:45 BINGO
1:15-2:45 BINGO	1:00-2:45 POKENO	1:00 - 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	

*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



BANE CARE
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!!!**



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

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**

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 John Wieczorek

~Rita Sarnowski

In loving memory of Patricia Spirito

~Thomas Spirito

In loving memory of my sister Mary Caron

~sadly missed, Melvina Pelletier

THANK YOU...

Thank you for your generous donation
Tom King

Thank you for your generous donation
Sophie Karoumpalis

MEDICARE'S NEW OPEN ENROLLMENT PERIOD

Don't Wait Until It's Too Late!

Medicare's New Open Enrollment Period: October 15 - December 7

Medicare plans change every year!

SHINE Can Help!

SHINE counselors provide Medicare counseling free of charge.

Call GLSS 781-599-0110 for a SHINE appointment now!

Or

Call 1-800-AGE-INFO (1-800-243-4636), then *press or say 3*.

Once you get the SHINE answering machine, leave your name and number.

A volunteer will call you back as soon as possible.

Or

For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE (1-800-633-4227).

MOVIES...every Wednesday!

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Oct 5	Morning Glory	PG-13	2010
Oct 12	The Back Up Plan	PG-13	2010
Oct 19	Knight and Day	PG-13	2010
Oct 26	Date Night	PG-13	2010



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



Movies are subject to availability.

Cribbage Players

Crystal Cribbage League is looking for Cribbage Players

St. Michael's Hall
25 Elmwood Avenue
Wednesdays @ 7:00 pm

Call Ralph 781-598-1668 or
Tom 781-598-6294

FACEBOOK!

The Lynn Council on Aging Senior Center is now on Facebook! Like us and you are linked to all the latest updates, news and on-going in the senior center! Catch some videos and pics of our latest events! Don't miss out on the fun!
www.facebook.com/LynnSeniorCenter Look for the big purple button!!



DANCE CALIENTE...Free!

Dance Caliente with
Eileen Herman-Haase and Raul Nieves
October 25th, 12 noon - 1pm

DANCING THROUGH THE DECADES... is an interactive performance celebrating timeless dances from the 1800's to today. Come be entertained and learn right from your seat the Waltz, the Peabody, the Charlestown, a Swing, an Argentine Tango and Salsa! This program is funded in part by a grant from the Lynn Council on Aging, a local agency supported by the Massachusetts Cultural Council.



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



EQUAL OPPORTUNITY HOUSING

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

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, October 17 1pm-2pm
Classroom session discussing menu planning, food prep, and budgeting
- #2 Friday, October 14 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, October 21 2:30 pm – 4 pm
Hands on cooking demonstration at the Lynn Senior Center.
- #4 Friday, October 28 1pm-2pm
Questions and Answers classroom review

Due to the holidays in November there are no cooking classes scheduled.

Next Session: December 2nd, 9th, 16th, 23rd

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.

Safe Return Program

One of the most devastating experiences for a family coping with Dementia is to have a loved one wander away from home and become lost. Voluntarily register for the "Safe Return" Program. All information is kept confidential. Simply fill out a form and attach a picture of your loved one. Forms are available at the Lynn Senior Center-GLSS, and are kept on file at the Lynn Police Department. Information is only disseminated upon a wandering incident. Call for an application 781-599-0110 or stop by 8 Silsbee Street.

Briarcliff Lodge, 112 Kernwood Drive, a Day Program located off Lynnfield Street offers information about Dementia, support, and day programs. Call 781-598-4570.

FLU CLINICS

North Shore Physicians Group on Lynnfield Street, Lynn (next to the hospital) is having 4 flu clinics for their **Lynn patients only**.

- Saturday, October 8th.....9:00AM-Noon
- Saturday, October 22nd.....9:00AM-Noon
- Tuesday, October 11th.....5:30PM-7:30PM
- Tuesday, October 25th.....5:30PM-7:30PM

You need to call 781-593-5100 to make an appointment and are encouraged to wear short sleeves. If you are allergic to eggs, or have cold or flu like symptoms, you will not be administered the shot. Again, this is for their **Lynn resident patients only**.

Deciduous Trees

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

shade	majestic	wood	woodpecker
bark	leaves	seedling	sway
trunk	growing	birch	timber
maple	tire swing	green	logs
elm	branches	insects	majestic
white oak	squirrel	rustle	deciduous
water	bird's nest	wind	buds
soil	stump	hammock	aspen
sunlight	rings	chestnut	poplar
tall	tree house	acorn	willow

To find the answer to the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list

Trivia: An oak tree will not produce its first acorn until it reaches this age.

Answer: _____

**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



OCTOBER 2011

BLOOD SUGAR TESTING

October 11

8:30 am - 10:00 am

(Nurse available for any health questions.)

BLOOD PRESSURE

October 25

8:30 am - 10:00 am

(Nurse available for any health questions.)

MASSAGE THERAPY

October 14 and October 28

1:00 pm - 3:00 pm

Call for appointment

PODIATRIST

October 6 and October 27

10:00 a.m.

Call for appointment.

Bring insurance card

HAIR SALON

Wednesdays

9:00 am - 1:00 pm

Walk-ins or appointments