



Lynn Senior Center Newsletter

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

SEPTEMBER 2011
ISSUE 181
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...

It's hard to believe that yet another beautiful New England summer has come and gone. I hope you were able to get out and enjoy the warm weather, and hopefully September will continue to bring us mild temperatures.

In addition to packing the beachwear away and looking forward to the fall foliage, we all know what time of year it is – back to school. Best of luck to all of the students and teachers in the Lynn Public Schools who will begin classes on Sept. 7. We wish them a safe and productive school year.

As we continue to soak in what is left of the good weather, guided tours of Lynn Woods are scheduled for Sunday, Sept. 17 at 11 a.m. and Sunday, Sept. 25 at 1 p.m. Also this month, Ana Gabriel, one of Mexico's most beloved female vocalists, will kick off our fall lineup at the Lynn Auditorium. She will perform on Sept. 9 at 8 p.m. For information on all upcoming shows please call the Box Office at 781-581-2971.

The City along with Lynn Arts will be hosting a Waterfront Festival at Lynn heritage State Park on Saturday September 17th from 12-6pm. The annual Dog Parade will take place at the festival this year. Following the festival will be a movie night on the waterfront at 7pm.

Best wishes for a wonderful Labor Day and a happy and healthy fall.

Mayor Judith Flanagan Kennedy

THE SWING

There's no one riding the swing today.
They've all grown up and gone away.

Oh yes, I see them now and then.
But it's not the same as it was when.
They all were small and playful glee
And in a way they depended on me.

Because I had that certain knack
To push them just right upon their back.
But, what I am saying,
I still do that whenever they visit and we chat.

And, they tell me of their woes and joys
And sorrows and their big kids toys.
I still give them a push along the way,
But, in closing, I just have to say,

No one told me it would be so hard
To see an empty swing out in the yard.

~unpublished work copyright 1993

John Wm. Momey Sr.

SEPTEMBER HAPPENINGS

Thurs, Sept 1 st	Safety for Seniors	TRIAD Meeting	10 am
Mon, Sept 5 th	Labor Day		Senior Center is closed
Tues, Sept 6th	Birthday Karaoke		11:30 a.m. – 1:00 p.m.
Weds, Sept 7 th	FOOD STAMPS		9:00 a.m. – 3:00 p.m.
Weds, Sept 7 th	HAIR SALON HOURS		9:00 a.m. to 1:00 p.m.
Weds, Sept 7 th	Walk in <u>or</u> appointments at the senior center		
Weds, Sept 7 th	Lunch Trip: Chateau Andover	\$2	10:30 a.m. – 1:30 p.m.
Weds, Sept 7 th	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Thurs, Sept 8 th	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Fri, Sept 9th	10th Anniversary of Sept 11th Memorial		10 a.m.
	Painting on display commemorating 911-by Irina Jankowska		10 am – 3pm
	Open Round discussion in fireplace room		11:30 am
Fri, Sept 9 th	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Tues, Sept 13 th	Blood Sugar Testing “Lucy Booth” Open!		8:30 a.m. – 10:00 a.m.
	Nurse available for your questions.		
Tues, Sept 13 th	Veterans Services Office Hours	confirmed	10:00 a.m. – 12:00 p.m.
Tues, Sept 13th	Live Entertainment! North Shore Songsters		12 p.m. – 1 p.m.
Weds, Sept 14th	PENNY SALE		12 p.m. – 1p.m.
	Sponsored by the FRIENDS of LCOA		
Weds, Sept 14 th	HAIR SALON HOURS (Walk in <u>or</u> appointments at the senior center)		9:00 a.m. to 1:00 p.m.
Weds, Sept 14 th	Strength & Balance Exercise Class	\$5	11:30 am – 12:15 pm
Thurs, Sept 15 th	Field Trip: Castle Island	\$2	9:30 a.m. – 1:30 p.m.
Thurs, Sept 15 th	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Thurs, Sept 15 th	Podiatry Appointments	call for appt	10:00 a.m. – 12:30 p.m.
Fri, Sept 16 th	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Fri, Sept 16th	J BINGO BONANZA J	START	12:30 pm – 3pm
<i>Fri, Sept 16th</i>	<i>Boston Food Bank: <u>Brown Bag</u></i>		<i>10:00 a.m. – 12:30 p.m.</i>
Fri, Sept 16 th	Massage Therapy Appointments	\$5	1:00 p.m. – 3:00 p.m.
Mon, Sept 19th	Women’s Group Meeting		11 am
Tues, Sept 20th	FOXWOODS CASINO TRIP	\$25	7:00 am – 6:30 pm
	Pre paid reservation required		
Tues, Sept 20th	Live Entertainment! Denise Doucette		12 p.m. – 1p.m.
Weds, Sept 21 st	HAIR SALON HOURS		9:00 a.m. to 1:00 p.m.
	Walk in <u>or</u> appointments at the senior center		
Weds, Sept 21 st	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
Thurs, Sept 22 nd	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Fri, Sept 23rd	Scallop Festival <i>prepaid reservation</i>	\$60	8:00 a.m. – 6:00 p.m.
Tues, Sept 27 th	Blood Pressure Clinic “Lucy Booth” Open!		8:30 a.m. – 10:00 a.m.
	Nurse available for your questions.		
Tues, Sept 27 th	Lunch Trip: Olive Garden Danvers	\$2	11:00 a.m. – 1:30 p.m.
Weds, Sept 28 th	HAIR SALON HOURS		9:00 a.m. to 1:00 p.m.
	Walk in <u>or</u> appointments at the senior center		
Weds, Sept 28 th	Strength & Balance Exercise Class	\$5	11:30 am – 12:15p.m.
Weds, Sept 28 th	Guest Speaker: Cuffe McGinn Funeral Home		11:30 a.m. – 12:30 p.m.
	Pre planning your arrangements: please sign up!		Game Room- no wii
Thurs, Sept 29 th	T.O. P.S. Taking off Pounds Sensibly		10:00 am – 11:00 am
Thurs, Sept 29 th	FRIENDS Meeting		10:00 a.m. – 11:00 a.m.
Fri, Sept 30 th	Massage Therapy Appointments	\$5	1:00 p.m. – 3:00 p.m.
Mon, Oct 3 rd	Topsfield Fair \$4 (entrance ticket on your own \$7)		10:30 a.m. – 3:30 p.m.



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LYNN SENIOR CENTER DAY TRIPS! 2011 SCHEDULE

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.

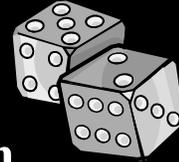
Prepaid reservations required.

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
(Sept 20, Oct 18)

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

From Revere

TWIN RIVERS \$18

(Sept 6, Oct 4)

MOHEGAN SUN \$25

Every Tuesday
(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

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.



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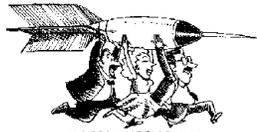
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COMPUTER CLASSES



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.

Computer class schedule:

Our apologies at this time, the Lynn Senior Center is actively seeking a new computer instructor and will resume classes as soon as possible.

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



Take Charge of Your Health *My Life, My Health Workshops* for Adults of any age

Research has shown that one of the ingredients of healthy and enjoyable living is "Taking charge of one's health."..... Many of us have at least one ongoing health condition and taking charge may be a challenge.

Upcoming *GLSS My Life, My Health** workshops are designed to help participants with one or more ongoing health conditions. Participants completing the workshop feel better, take control of their lives and once again can do many of the things they want to do. *My Life, My Health* workshops provide information and teach skills for adults of any age with a range of ongoing health conditions. These conditions may include arthritis, diabetes, heart conditions, chronic pain, breathing conditions and others. Through learning with others, participants manage and/or reduce their pain, anxiety and other common challenges.

We hope that you will take this opportunity to Take Charge and enhance your quality of life!

Beverly Cooperative Bank
73 Lafayette Street, Salem (Community Room)
Thursdays September 15-October 20, 2011
1:30-4:00pm

Information Session: Above site. August 25, 2011 1:30pm

In collaboration with ILCNSCA

Union Hospital
500 Lynnfield Street, Lynn (South A Conference Room)
Fridays September 30, 2011 - November 4, 2011
1:30-4:00pm

In collaboration with North Shore Medical Center

For information to register contact: Jan Ferris, 781-586-8681, jferris@glss.net

* Workshops are sponsored by Greater Lynn Senior Services, Inc. Funding for the Chronic Disease Self-Management Program, developed by Stanford University, is provided by the American Recovery and Reinvestment Act. They are offered through collaboration between the Massachusetts Department of Public Health and the Executive Office of Elder Affairs.

SEPTEMBER 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Italian Wedding Soup Sliced Turkey/Rye Tossed Salad Pudding ALTERNATIVE Seafood Salad/ Tossed Salad	Hamburger/Cheese/ Roll Potato Salad/ Corn Watermelon ALTERNATIVE Grilled Chicken/ Roll Potato Salad
5	6	7	8	9
LABOR DAY HOLIDAY NO MEAL SERVICE	Stuffed Shells/Meat Sauce Zucchini/Red Pepper/ Oat Roll Mandarin Oranges ALTERNATIVE Sweet & Sour Chicken Tenders Whipped Potatoes	Pesto Tyson Chicken Whipped Potato Spring/Summer Veggie Blend Cookie Alternative Liver & Onions/Gravy	Lentil Veggie Soup Lemon Pepper Fish/Dill Sauce Scalloped Potatoes Muffin/ Chilled Fruit ALTERNATIVE Salisbury Steak/Gravy	BBQ Pulled Pork/Roll Sweet Potato Italian Blend Veggies Fresh Fruit ALTERNATIVE Turkey Burger/Roll
12	13	14	15	16
Beef Rib-B-Q/Gravy Corn Pudding Carrots Chilled Fruit ALTERNATIVE Chicken Marsala	Turkey Sausage/Roll Peppers & Onions Home Fries Fresh Fruit ALTERNATIVE Omelet/Cheese Sauce	Macaroni & Cheese Spinach Jell-o/ Topping ALTERNATIVE Swedish Meatballs Potato	SEPTEMBER SPECIAL Mediterranean Chicken Wild Rice Mixed Greens w/Feta/ Croutons WW Roll Lemon Pudding Square	Chicken Noodle Soup Shaved Roast Beef/WW Pita Tomato Green Pepper Salad Chilled Fruit ALTERNATIVE Egg Salad
19	20	21	22	23
Lasagna/ Meat Sauce Italian Blend Veggie Garlic Roll Pudding ALTERNATIVE Haitian Turkey/ Potato	Fish Florentine/ Lemon Sauce O'Brien Potatoes Butternut Squash Chilled fruit ALTERNATIVE Salisbury Steak/Gravy	Tarragon Tyson Chicken Brown Rice Pilaf Stewed Tomatoes Cookie ALTERNATIVE Spanish Beef Tips/Yellow Rice	Cream of Broccoli Soup Meatloaf/ Gravy Garlic Whipped Potatoes Muffin/ Fresh Fruit ALTERNATIVE Mushroom Quiche	Apple Glazed Roast Pork Baked Potato/Sour Cream Country Blend Veggies Chilled Fruit ALTERNATIVE Bruschetta Boneless Chicken
26	27	28	29	30
Stuffed Pepper/ Sauce Seasoned Diced Potato Green & Golden Beans Chilled Fruit ALTERNATIVE Tyson Chicken/Orange Sauce	Chicken Lo Mein Carrots Jell-o ALTERNATIVE Beef Strip Steak/Gravy Potato	Roast Turkey/Gravy Cran Sauce/ Sweet Potato Roman Blend Veggies ALTERNATIVE Liver & Onions/ Gravy Sweet Potato	Chili/ Shredded Cheese Steamed Rice/ Tossed Salad Corn Bread Chilled Pineapple ALTERNATIVE Chicken Teriyaki	Minestrone Soup Tuscan Tuna/ Pumpernickel Potato Salad Cake ALTERNATIVE Sliced Turkey & Cheese

Requested Donation is \$2.00 per meal. ALL MEALS SERVED W/ BREAD AND 1% MILK AND CRACKERS W/SOUP.

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SENIOR CENTER ACTIVITIES • AUGUST 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILS BEE STREET 9:00 -12 Wii	SILS BEE STREET 9:00 -12 Wii	SILS BEE STREET 9:00 -12 Wii	SILS BEE STREET 9:00 -12 Wii	SILS BEE 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 (Call first!)	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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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.

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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.

Have you broken your hip?

Help improve future hip fracture care. 60 yrs and over, receive a DVD based home exercise program by a physical therapist and a nutrition education program. Measurements in you home of your progress in 6 and 9 months. Financial compensation for your time. Call: Boston University
617-638-1981

DO NOT CALL from home phone:
Massachusetts 1-866-231-2255
Federal 1-888-382-1222

DO NOT CALL from cell phone:
1-888-382-1222

DO NOT MAIL list:
1-888-690-2252 or write to
National Do NOT Mail List
5511 Ketch Road
Pronce Frederick, MD 20678

To remove a deceased person's name:

DMA Choice
PO Box 643
Carmel, NY 10512

Or go to: www.The-DMA.org

IN LOVING MEMORY...

In loving memory of Arthur Warren
~Cindy LeBlanc

THANK YOU...

Marie Babineau...for your generous donation!

**Happy
Grandparent's Day!
September 11, 2011**

MOVIES...every Wednesday!

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

Sept 7	Hereafter	PG-13	2010
Sept 14	Roxanne	PG	1987
Sept 21	Divine Secrets of Ya-Ya Sisterhood	PG-13	2002
Sept 28	Dante's Peak	PG-13	1997



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



Movies are subject to availability.

Senior MBTA ID

Senior MBTA ID Cards
65 yrs and older

September 21, 2011
1pm -2:30 pm

Salem Council on Aging
5 Broad Street, Salem MA

Plan Your Final Arrangements

Questions and Answers with
**Cuffe-McGinn Funeral
Home**

Weds, Sept 28th
11:30 a.m. – 12:30 p.m.

Light lunch provided
Must sign up!
Limited seating

WE ARE THE FRIENDS OF LCOA

The **FRIENDS** of the **LYNN COUNCIL on AGING** welcome new members to join this fun group!

Fundraising, event planning and enhancing the senior center are the primary goals of this group. We meet the **last Thursday of the month from 10 – 11 am** in the first floor board room. Feel welcome to check us out!

Congratulations to the newly elected **FRIENDS** officers.

President
Vice President
Treasurer
Secretary

Richard Smith
Joan Noble
Deb Small
Arlene Landry

Warm thank you in appreciation for all your help to the outgoing officers: Linda Rosendahl, Joseph Cahoon, Claire Cahoon, and Marianne Pacheco.



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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, Sept 9 1pm-2pm
Classroom session discussing menu planning, food prep, and budgeting
- #2 Friday, Sept 16 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, Sept 23 2:30 pm – 4 pm
Hands on cooking demonstration at the Lynn Senior Center.
- #4 Friday, Sept 30 1pm-2pm
Questions and Answers classroom review

October Class Dates 7, 14, 21, 28

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.

Volunteer Opportunities

- **Driver to pick up donated baked goods in Revere. Receive free baked goods.**
- **Servers to help serve lunch to the seniors M-F 10 am – 12 pm Pick your days. Free lunch on the day you help.**
- **Brown Bag helpers needed to help load grocery bags on the third Friday of every month. Free bag of groceries.**
- **Dish Washer: Help wash dishes during the scheduled absences of our regular volunteer. Free lunch on the days you help.**
- **Need hours to meet Community Service requirements, we have light housekeeping duties also.**

Call Rose Manzella at 781-599-0110.

All applicants must pass a Cori.

NEWS FROM SHINE

Medicare OPEN ENROLLMENT dates are changing!
New dates: October 15th- December 7th
The annual Medicare open enrollment period is the time to enroll and or CHANGE your Medicare coverage for the next year. State certified SHINE counselor available with an appointment can help you understand your plan as well as other options you may have. If you are a member of a Medicare prescription drug plan or a Medicare Advantage Plan, you will be receiving information in the mail in September about changes to your current plan. Call Carol Ellis, GLSS SHINE Counselor at 781-586-8611 for an appointment. Please gather your medication list.

Labor Day Word Search

by PartySuppliesHut.com

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

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 LABOR
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 SEPTEMBER
 STRENGTH
 TRIBUTE
 WELL BEING
 WORK



**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



SEPTEMBER 2011

BLOOD SUGAR TESTING

September 13

8:30 am - 10:00 am

(Nurse available for any health questions.)

BLOOD PRESSURE

September 27

8:30 am - 10:00 am

(Nurse available for any health questions.)

MASSAGE THERAPY

September 9 & September 23

1:00 pm - 3:00 pm

Call for appointment

PODIATRIST

September 15 & September 29

10:00 a.m.

Call for appointment.

Bring insurance card

HAIR SALON

Wednesdays

9:00 am - 1:00 pm

Walk-ins or appointments