

LYNN COUNCIL ON AGING SENIOR CENTER



**DECEMBER
2012**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

May the spirit of your holiday bring you great peace...Happy Hanukkah, Merry Christmas, Feliz Navidad, Happy Kwanza and a very Happy New Year!

On Hanukkah, the first dark night,
Light yourself a candle bright.
I'll you, if you will me invite
To dance within that gentle light.
~Nicholas Gordon

I ask not for a lighter burden, but for broader shoulders. ~Jewish Proverb

Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas.
– Calvin Coolidge

I heard the bells on Christmas Day, Their old, familiar carols play. And wils and sweet the words repeat Of peace on earth, good will to men! -Longfellow.

So powerful is the light of unity that it can illuminate the whole earth.
– Bahá'u'lláh

From Your Mayor

I hope this winter greeting finds you well. With the holidays approaching, it is the most wonderful time of year to join family and friends and be thankful for all of the blessings in our lives.

To help us get in the holiday spirit, there will be a tree lighting ceremony at City Hall on Dec. 4 at 5:30 p.m. at the top of the Commons, followed by a screening of the movie "Elf" in the Lynn Auditorium. Both events are free.

On Dec. 22, Kenny Rogers will perform at the Lynn Auditorium at 7 p.m. For information please call the box office at 781-581-2971.

Stay tuned for the annual Holiday in the Square, which will feature the Central Square tree lighting, a visit from Santa, ornament making, singing and dancing and holiday shopping. The LynnArts Fabulous Holiday Show and Sale will be running through Dec. 22. It is a wonderful time to visit the gallery and stock up on affordable, original art and gifts.

For many of us, the season is made more meaningful by observance of a religious holiday. So whether you celebrate Hanukkah, Christmas, Kwanzaa, Las Posadas, or any other holiday, here's hoping you have a blessed and fulfilling season.

Best wishes,
Mayor Judith Flanagan Kennedy

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

Dignity
 Member of
 AddressCare
 Corp. Inc.

PACE
 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

BANECARE
 ABBOTT HOUSE
 and THE SWAMPSCOTT WING, Lynn
 www.banecare.com • 866-747-BANF

Lynn Council on Aging Senior Center

Publication
 funded by:

Executive Office of
 Elder Affairs &
 City of Lynn

Meet the Staff:

Stacey Minchello, Director
 Rosa Paulino-Diaz, Assistant
 Kristi Harris, Assistant

Hours of
 Operation:

Monday thru Friday
 8 a.m. to 4 p.m.

LCOA Board of Directors

Al DiVirgilio
Arthur Akers
Edmund Brown
Ernest Carpenter
Albert DiVirgilio
Daniel P. Hanlon
Frank LaMacchia
Charles Mitchell
Frances Taggart

Clerk
 Vice-President
 President

Meets 4th
 Wednesday
 monthly at
 1:30 p.m.

FRIENDS of LCOA Executive Board

Joan B. Noble
Linda Rosendahl
Deb Small
Cindy LeBlanc
Virginia Calef

President
 Vice-President
 Treasurer
 Recording Secretary
 Membership Secretary

Meets last
 Thursday
 monthly at 10 am

AARP Tax Appointments

Booking appointments as of January 1, 2013
 Call Sandra at 781-586-8518

Tax Appointments
Mondays: Feb 4th thru April 15th
(closed for holiday Feb 18th)

First Come, First Serve

Must be a registered senior center participant with a swipe card.

DECEMBER HAPPENINGS

- | | | | |
|----------------------|--|-----|--------------------------------|
| Mon, Dec 3 | Tai Chi & meditation class | \$2 | 9:15 a.m. – 10:00 a.m. |
| Tues, Dec 4 | Mr. Specs Eye Glass Clinic | | 10:00 a.m. – 11:00 a.m. |
| Tues, Dec 4 | Dr. Joseph Kornfield-“Chiropratic Health” | | 12 noon Game Room |
| Weds, Dec 5 | FOOD STAMPS | | 9:00 a.m. – 3:00 p.m. |
| Weds, Dec 5 | Walgreens Pharmacy Info Day | | 11 a.m. – 12:30 pm |
| | ~Free Ice cream @ 1:30 pm~ | | |
| Weds, Dec 5 | LCOA Arts & Crafts Sale table | | 11:30 a.m. – 12:30 p.m. |
| Weds, Dec 5 | Veridian- Go green energy info | | 11:30 a.m. – 12:30 p.m. |
| Weds, Dec 5 | Strength & Balance Exercise Class | | 11:30 am -12:15 pm |
| Thurs, Dec 6 | Take Off Pounds Sensibly | | 10:00 a.m. – 11:00 a.m. |
| Thurs, Dec 6 | TRIAD safety for seniors @ <u>St. Stephen's Tower</u> | | 10:00 am – 11:00 a.m. |
| | Free Senior Citizen ID | | |
| Thurs, Dec 6 | Birthday Karaoke | | 11:30 a.m. – 1:00 p.m. |
| Fri, Dec 7 | Holiday Fiesta~ Caregiver Homes | | 10 am |
| | Free Zumba lessons, Free raffles! | | |
| Fri, Dec 7 | Strength & Balance Exercise Class | | 11:30 am -12:15 pm |
| Mon, Dec 10 | Tai Chi & meditation class | \$2 | 9:15 a.m. – 10:00 a.m. |
| Mon, Dec 10 | Lunch Trip: Salem High School-\$6.50 menu \$2 | | 11 a.m. |
| Tues, Dec 11 | Holiday Lunch Bingo | \$2 | 11 a.m. – 2:00 p.m. |
| | @ Pilgrim Rehab, Peabody | | |
| Tues, Dec 11 | Blood Sugar Clinic “Lucy Booth” Open! | | 8:00 a.m. – 9:30 a.m. |
| | Nurse available for your questions. | | |
| Weds, Dec 12 | Holiday Party | | 11 a.m. – 2 p.m. |
| | This is a ticketed event-doors open at 10:30 a.m. | | |
| | No classes or activities due to holiday party. | | |
| Thurs, Dec 13 | Taking Off Pounds Sensibly | | 10:00 a.m. – 11:00 a.m. |
| Fri, Dec 14 | Strength & Balance Exercise Class | | 11:30 am -12:15 p.m. |
| Mon, Dec 17 | Women’s Group Meeting | | 11 am |
| Tues, Dec 18 | Holiday Show: North Shore Songsters | | 12 noon |
| Tues, Dec 18 | Field Trip: Festival of the Trees, Methuen | | 4:00 p.m. – 7:00 p.m. |
| | \$2 bus \$8 admission @ door- Cafeteria available | | return home @ 7:45 pm |
| Weds, Dec 19 | Strength & Balance Exercise Class | \$5 | 11:30 a.m. – 12:15 p.m. |
| Weds, Dec 19 | Decorate a Gingerbread Cookie | | 1:45 p.m. |
| | ~Sponsored by Life Care of the North Shore | | |
| Thurs, Dec 20 | Podiatry Appointments | | 10:00 a.m. – 12:00 p.m. |
| Thurs, Dec 20 | Taking Off Pounds Sensibly | | 10:00 a.m. – 11:00 a.m. |
| Fri, Dec 21 | Strength & Balance Exercise Class | | No class today |
| Fri, Dec 21 | Boston Food Bank: <u>Brown Bag</u> | | 10:00 a.m. – 12:30 p.m. |
| Mon, Dec 24 | Field trip: Saugus Square One Mall | \$2 | 10:30 a.m. – 1:30 p.m. |
| Tues, Dec 25 | Merry Christmas! | | Center is closed |
| Weds, Dec 26 | Strength & Balance Exercise Class | \$5 | 11:30 a.m. – 12:15 p.m. |
| Thurs, Dec 27 | FRIENDS OF LCOA Meeting | | 10:00 a.m. -11:00 a.m. |
| | ~new members welcome!~ | | |
| Thurs, Dec 27 | Family Day at the Senior Center! | | 9 a.m. – 3 p.m. |
| | Bring your grandchildren for funs and games | | schedule TBA |
| Thurs, Dec 27 | Taking Off Pounds Sensibly | | 10:00 a.m. – 11:00 a.m. |
| Fri, Dec 28 | Strength & Balance Exercise Class | \$5 | 11:30 a.m. – 12:15 p.m. |
| Mon, Dec 31 | Countdown to the 2013! Ring in the New Year Party | | 11:30 am |



Rod Deland, Proprietor
R & R American
 Complete Diagnostics:
 STARTER
 ALTERNATOR
 ALL BRAKES
 All Types of Repair

(781) 595-9415 • Fax (781) 599-6994
 AUTOMOTIVE DIAGNOSTIC CONSULTANT
 Specializing in Electronic Tune-ups
 visit our website: www.rremerican.com
 109 Lynnfield Street • Lynn, Massachusetts 01904

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

Senior Homecare By Angels
 Select Your Caregiver.
 781-395-0023
 Home's Choice of Services
 Visiting Angels

Up to 24 Hour Care
 Meal Preparation
 Light Housekeeping
 Errands/Shopping
 Respite Care for Families
 Rewriting Copositionship

Remain Comfortable in your OWN HOME!

DECEMBER 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Lasagna/ Meat Sauce Spinach/ WW Roll Chilled Mixed Fruit ALTERNATIVE Veggie Quiche Whipped Potato/ Spinach</p>	<p>4 Apple Glazed Roast Pork Garlic Whipped Potato Tuscany Veggies Jell-o ALTERNATIVE Sweet & Sour Chicken Tenders</p>	<p>5 Minestrone Soup Pesto Boneless Chicken Lyonnaise Potato Fresh Fruit ALTERNATIVE Spanish Beef w /Yellow Rice</p>	<p>6 Hot Dog/Roll Veggie Baked Beans/ Cole Slaw Apple Crisp/ Topping ALTERNATIVE Beef Strip Steak/ Gravy Veggie Baked Beans</p>	<p>7 Potato Crunch Fish Cre- ole Whipped Potato Green & Golden beans Chilled Mixed Fruit ALTERNATIVE Cran Glazed Chicken</p>
<p>10 Macaroni & Cheese Stewed Tomatoes Chilled Peaches ALTERNATIVE Liver & Onions/Gravy Whipped Potato</p>	<p>11 Turkey Supreme Polenta Parmesan Seasoned Red & Green cabbage Chilled Apricots ALTERNATIVE Salisbury Steak/Gravy</p>	<p>12 Beef Stew Diced Potatoes/ Stew Veg- gies Pudding ALTERNATIVE Lemon Pepper Fish/ Dill Sauce Carrots/Potato</p>	<p>13 Cream Of Broccoli Soup Tarragon Tyson Chicken Brown Rice Pilaf Muffin/ Fresh Fruit ALTERNATIVE Pork Patty/Gravy</p>	<p>14 Meatball Sub/ Sauce Hash Brown Potatoes Italian Green Beans Cookie Omelet w/Cheese Sauce Hash Browns/ Green Beans</p>
<p>17 Fiesta Fish/ Sauce Oven Roasted Potato Butternut Squash Chilled Pears ALTERNATIVE Chicken Filet/ Roll</p>	<p>18 Chicken Veggie Soup Pot Roast/ Gravy Delmonico Potato Jell-o/ Topping ALTERNATIVE Spanish Chicken w/Rice & Beans</p>	<p>19 Stuffed Shells/ Meat sauce Spinach Fresh Fruit ALTERNATIVE Mushroom Quiche Whipped Potato/ Spinach</p>	<p>20 HOLIDAY SPECIAL Stuffed Chicken w/Gravy Baked Potato/ Sour Cream Veggie Medley Snowflake Dinner Roll Raspberry Cookie</p>	<p>21 Meatloaf/ Gravy Carrot Barley Pilaf Peas & Onions Mandarin Oranges ALTERNATIVE Haitian Turkey</p>
<p>24 Rib-B-Q/ BBQ Sauce O'Brien Potatoes Italian Blend Veggies Muffin/ Holiday Cookie ALTERNATIVE Chicken Marsala</p>	<p>25 Holiday No Food Service</p>	<p>26 Swedish Meatballs/ Gravy California Blend Veggies Whipped Potato Tapioca ALTERNATIVE Eggplant Parmesan/Sauce</p>	<p>27 Chili/ Shredded Cheese Steamed Rice Tossed Salad Corn Bread/ Chilled Pineap- ple ALTERNATIVE Chicken Teriyaki</p>	<p>28 Corn Chowder Honey Mustard Chicken Garlic Whipped Potato Fresh Fruit ALTERNATIVE Salisbury Steak/ Gravy</p>
<p>31 Stuffed Pepper/ Sauce Steamed Buttered Pota- toes Green & Golden Beans Chilled Peaches ALTERNATIVE Hawaiian Turkey Ham</p>				

SENIOR CENTER ACTIVITIES • DECEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET Wii 9:00 -12	SILSBEE STREET Wii 9:00 -12	SILSBEE STREET Wii 9:00 -12	SILSBEE STREET Wii 9:00 -12	SILSBEE STREET Wii 9:00 -12
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	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.	9:30-11:00 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: NTERNET	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	11:30-12:15 EXERCISE CLASS
1:15-2:45 BINGO	1:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:15-2:45 BINGO
	1:30 Billiards Club	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
		1:00-3:00 'PENNY ANTE' POKER		

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.

**SKILLED NURSING CARE • SUBACUTE CARE • PHYSICAL THERAPY
OCCUPATIONAL THERAPY • SPEECH THERAPY • RESPITE CARE**



111 Birch St., Lynn, MA 01902

781.592.9667

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

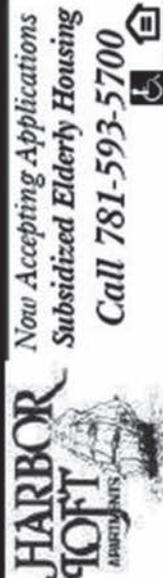


Hatch Hearing Aid Center
 "You Should Hear
 What You're Missing"
 152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901
 781.599.1902 • 1.888.HEARITE (432.7483)




**YOUR
 AD
 HERE
 CALL
 TODAY**

7 Liberty Square • Lynn, Massachusetts
 Now Accepting Applications
 Subsidized Elderly Housing
 Call 781-593-5700



Trips

Departs from Lynn Senior Center

Twin Rivers \$20
 Tues, Jan 15th



Casino Trips from Revere
Departs from Northgate Plaza

Mohegan Sun \$25

Every Tuesday
 10:00 a.m. - 8:45 p.m.

Twin River \$20

Dec 13th & 27th
 10:00 a.m. - 8:10 p.m.

Any questions? Call Elaine 781-289-6144
 (Departs from back of Price Rite at Northgate in Revere)

HELP WANTED!

Volunteer Positions:

Van Driver: Safe driver with a clean driving record to help us with our day trips. Orientation and GLSS Safe Driver training required. You dictate your schedule.

Dish Washer: Help the meal site, run the dishes through the dish machine, wash pots and pans. Must be conscientious about food safety & sanitation practices. We will train the right person.

Ambassador: Assist the center with get well cards and make friendly calls to homebound elders. Must be personable and respect confidentiality.

Cell phone Aide: This person will handle the cell phone issues during the posted office hours.

We will train. Must respect confidentiality.

Paid position:

Computer Instructor for 5 week courses (3).

Call Stacey to discuss. Courses repeat with enrollment.

SAFELINK or ASSURANCE Cell Phone

~OFFICE HOURS~

Tuesdays and Thursdays

8:00 pm – 10:00 pm

We will gladly assist you with your cell phone issues/ verification during these office hours.

MOVIES...every Wednesday @ 1:00 p.m.

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

Dec 5	Four Christmases	PG-13	2008
Dec 12	No movie due to the holiday party		
Dec 19	A Christmas Story	PG	1983
Dec 26	The Christmas Card	NR	2006

Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.



DECEMBER EVENTS

Holiday Fiesta **Friday, Dec 7** **12 noon**
 Cargiver Homes invites you to hear about their program, get free Zumba lessons, and chances to win prizes!

Holiday Lunch Bingo at Pilgrim Rehab, Peabody **Tuesday, Dec 11** **11:00 am**
 Pilgrim Rehab invites you for lunch and some Holiday Bingo! Limited seating on our busses. You may travel there on own; please RSVP with us though.

Holiday Party **Wednesday, Dec 12** **11:00 am**
 It's the most wonderful time of the year! Stuffed chicken dinner, chocolate crème pie, live entertainment by Jim Moses and surprise guests! (\$3 per ticket)

Holiday Show Sing-a-Long **Tuesday, Dec 18** **12 noon**
 All your favorites to get into the spirit with the North Shore Songsters---Free.

Festival of the Trees Methuen **Tuesday, Dec 18** **4:00 pm**
 Leave senior center at 4pm, Visit the festival until 7pm, approx time to arrive back is 7:45 p.m. Pack a brown bag or eat at the cafeteria inside the festival. \$2 bus \$8 admission at the door.

Dance Caliente **Wednesday, Dec 19** **12 noon**
 Experience a phenomenal dance show! FREE!

Cookie Time! **Wednesday, Dec 19** **1:45 pm**
 Decorate a gingerbread man to your liking! Hosted by Life Care of the North Shore.

Free Arts & Crafts **Thursday, Dec 20** **11 am – 1pm**
 Class with Christy! Make gifts and cards for Christmas.

Family Day **Thursday, Dec 27** **10am-2pm**
 Bring your grandchildren to the senior center and join in the activities. We will have board games, and card games out along with some fun competitive games for small prizes. Wii challenges and added surprises for the afternoon horseracing game! (All children must be accompanied by an adult at all times; cannot be unattended.)

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



Place Your Ad

WELLNESS WATCH

Talking with Your Doctor

“How well you and your doctor talk to each other is one of the most important parts of getting good health care. Unfortunately, it is not always easy. It takes time and effort on your part as well as your doctor’s.” This is the opening statement of a booklet, *Talking with Your Doctor*. The on-line version is available free in English and Spanish from the National Institute on Aging.

This booklet guides you through the process of talking with your doctor. Suggestions and possible questions are provided. This booklet and other resources suggest the following:

- Prepare ahead for your appointment
- Make a list of your concerns in order of their importance to you. Focus on the top three.
- Bring a list of your medicines, names, dosage, etc.
- Let the doctor know if your vision or hearing is difficult.
- Consider bringing a family member or friend. This person can take notes, remind you of what is on your list and be a second ear for you.
- Ask ahead for an interpreter if you know you will need one.
- Be honest in answering questions and offering information. That is the only way the doctor knows what is really going on.
- Mention any changes in appetite, sleep patterns, weight, or energy level.
- Ask questions and ask for explanations if you do not understand the information given you by the doctor. It is your health, your life.
- Summarize what you have heard so that the doctor can clear up any confusion.

Resources

Talking with Your Doctor: A Guide for Older People, www.niapublications.org, click on *Making Sense of Health Information*. The on-line version is free and available in English and Spanish

Senior Health is a website that is easy to use and covers a variety of topics in an easy to read format. <http://nihseniorhealth.gov>

For a one page free sheet to guide you in your preparation contact:

Susan H. Brown, RN/GLSS Community Education Nurse
781-586-8568 sbrown@glss.net

Early MGM Musicals

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

- | | | | |
|------------------------|-------------------|---------------------|---------------------|
| Babes in Toyland | Flying High | Marianne | Marianne |
| Blondie of the Follies | Free and Easy | Montana Moon | Montana Moon |
| Broadway to Hollywood | Going Hollywood | Naughty Marietta | Naughty Marietta |
| Call of the Flesh | Good News | New Moon | New Moon |
| Chasing Rainbows | Hallelujah | Reckless | Reckless |
| Children of Pleasure | Hollywood Party | So This Is College | So This Is College |
| Cuban Love Song | In Gay Madrid | Student Tour | Student Tour |
| Dancing Lady | Love in the Rough | The Broadway Melody | The Broadway Melody |

ANNOUNCEMENTS

Annual Holiday Party

December 12, 2012
Tickets \$3

Purchase your ticket
in person on
Thursday, November 29th
Starting at 9:00 am

Membership required
Limited Seating

Wish List:

- Postage stamps
- AA & AAA batteries
- Get Well Cards
- Copy paper

Please consider donating the above.
Any quantity is appreciated.

Important Notice

Starting immediately we will no longer allow food or drink on the carpeted areas. We thank you for your understanding. The rugs are getting a beating with dropped food and liquids and we are afraid we won't be able to clean the rugs.

Our apologies if this ruins the atmosphere of the event but we can not afford new rugs at this time and the cost of cleaning is getting costly.

SNOWBIRDS

If you are leaving for warmer climates, please call and suspend your newsletter mailing. Thank you! It saves us the cost of return postage.

For those who frequent the center and pick up the newsletter here, let us know and we will take you off the mailing list.

If you know of someone who hasn't been receiving their newsletter let us know. Usually it's as simple as adding the apartment number.

SHOWCASE CINEMA - REVERE

Silver Screen Shows

Every Monday 1:00 p.m.
\$2 includes small popcorn & soda

Senior Wednesdays

(60 and over)
All shows \$5.50

Holiday Classics

Saturdays 10 am
December 1st – December 22nd

Free admission with a donated perishable food item

COMPUTER CLASSES

We apologize for the inconvenience. We are suspending computer classes until further notice. Our plans are to upgrade the computer systems with updated operating software and revamp the textbooks. Also know that future classes will only be held when there is a minimum of four students.

IN LOVING MEMORY

In loving memory of Dr. Thelma Berger

~Dr. Harvey Berger

THANK YOU

Thank you for your generous donation.

~Sophie Karampoulis

Thank you for your generous donation.

~Sally & Bill Upshaw



DEDUCTIBLE DONATION

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 check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

Person's Name: _____

Send card to: _____

Donated by: _____

Place Your Ad Today!



ABC 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

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

Hair Salon

SOPHIE'S SALON

WEDNESDAYS
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

WELLNESS OFFERINGS

EYEGLOSS CLINIC

December 4th
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR & BLOOD PRESSURE

December 11th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

HEARING CLINIC

December 18th
9:00 am—11:00 am

PODIATRIST

December 20th
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card

MASSAGE THERAPY

1:00 pm—3:00 pm
Call for an appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

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

RETURN SERVICE REQUESTED

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

Capture the Pride!

