



# Lynn Senior Center Newsletter

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

**JANUARY 2012**

**ISSUE 185**

**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...

As we usher in a new year, I wish you all the best in 2012. I hope it is filled with much health and happiness.

It should be another exciting year of events at the Lynn Auditorium. On Jan. 8, Cirque Shanghai will perform for a special matinee at 3 p.m. The talented group of Chinese acrobats and contortionists is sure to impress. Other upcoming shows include Peter Frampton, the Irish Rovers and the Charlie Daniels Band. For more information, visit [www.lynnauditorium.com](http://www.lynnauditorium.com) or call (781) 581-2971.

Also this month is the 26<sup>th</sup> annual Martin Luther King Jr. celebration breakfast, sponsored by the Community Minority Cultural Center (CMCC) and hosted at St. Michael's Hall. The event will feature speeches from various community leaders as well as music, poetry and essays from young people who participate in several Lynn organizations.

And for everyone venturing out during these winter months, please be careful and avoid any icy walkways, parking lots and driveways. We will do our best to keep the roadways and sidewalks safe for you.

Best wishes,  
Mayor Judith Flanagan Kennedy

## FROM THE DIRECTOR...

### Happy New Year!

Welcome 2012! The 13th anniversary of Y2K of 1999! Can you believe it?

This is the last year for a while we can have the same number for the day, month and year-12-12-12. Not until 3001! Another 89 years, imagine how many chances at the World Series!

I wish for a great year for everyone. Who cares about last years resolutions! Clean slate-start fresh!

Nothing like a fresh senior! Invest in yourself. Even if in small increments; commit to morning stretches, eating a little better, and smiling more.

### A lot happened one hundred years ago. In 1912....

Louis Armstrong dropped out of school.

The Boy Scouts raised the age limit and then the Girl Scouts formed.

Welcome New Mexico and Arizona to the States.

The Florida Keys were linked by railway to the mainland.

(By the way, from my recent trip I realized it is now a roadway!)

The Titanic sunk.

Fenway Park opened followed by the suspicious 1912 World Series win.

Hellman's Mayonnaise was first manufactured.

Olympic Games V were held in Stockholm, Sweden.

President Theodore Roosevelt asked for support for the Progressive Party.

Houdini performed his overboard box escape and the Chinese water torture cell.

Milton Friedman, Julia Child, Gene Kelly and Lady Bird Johnson were born.

## JANUARY HAPPENINGS

<b>Mon, Jan 2<sup>nd</sup></b>	<b>Happy New Year!</b>	<b>Center is closed</b>
Tues, Jan 3 <sup>rd</sup>	Mr. Specs Eye Glass Clinic	10:00 a.m. – 11:00 a.m.
<b>Tues, Jan 3<sup>rd</sup></b>	<b>Birthday Karaoke</b>	<b>11:30 a.m. – 1:00 p.m.</b>
Weds, Jan 4 <sup>th</sup>	<b>FOOD STAMPS</b>	9:00 a.m. – 3:00 p.m.
Weds, Jan 4 <sup>th</sup>	<b>HAIR SALON HOURS</b>	9:00 a.m. to 1:00 p.m.
	Walk in <u>or</u> appointments at the senior center	
<b>Wed, Jan 4<sup>th</sup></b>	<b>Exercise Equipment Training</b>	<b>11:00 a.m. – 1:00 p.m.</b>
Weds, Jan 4 <sup>th</sup>	Strength & Balance Exercise Class	11:30 am -12:15 pm
Thurs, Jan 5 <sup>th</sup>	Safety for Seniors <b>TRIAD Meeting</b> “ICE” your phone	10 am
Thurs, Jan 5 <sup>th</sup>	Take Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Thurs, Jan 5 <sup>th</sup>	Podiatry Appointments	10:00 a.m. – 12:00 p.m.
Thurs, Jan 5 <sup>th</sup>	Lunch Trip: Calitri’s Italian Restaurant \$2	11:00 am
Thurs, Jan 5 <sup>th</sup>	Free class: Voicemail LG cell phone	1:30 pm – 2:30 pm
Fri, Jan 6 <sup>th</sup>	Strength & Balance Exercise Class	11:30 am -12:15 pm
Tues, Jan 10 <sup>th</sup>	<b>Blood Sugar Clinic</b> “Lucy Booth” Open!	8:30 a.m. – 10:00 a.m.
	Nurse available for your questions.	
<b>Tues, Jan 10<sup>th</sup></b>	<b>TWIN RIVERS CASINO</b> \$17	<b>8:00 a.m. -3:30 pm</b>
	<b>\$7 Food/Retail \$10 Free Bonus Play</b>	
	<b>New price! New Times!</b>	
Weds, Jan 11 <sup>th</sup>	Free class: Voicemail LG cell phone	1:30 pm – 2:30 pm
Weds, Jan 11 <sup>th</sup>	<b>HAIR SALON HOURS</b>	9:00 a.m. to 1:00 p.m.
	Walk in <u>or</u> appointments at the senior center	
Weds, Jan 11 <sup>th</sup>	Strength & Balance Exercise Class \$5	11:30 a.m. – 12:15 p.m.
Thurs, Jan 12 <sup>th</sup>	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Fri, Jan 13 <sup>th</sup>	Strength & Balance Exercise Class \$5	11:30 a.m. – 12:15 p.m.
Fri, Jan 13 <sup>th</sup>	Massage Therapy Appointments \$5	1:00 p.m. – 3:00 p.m.
<b>Mon, Jan 16<sup>th</sup></b>	<b>Martin Luther King Day</b>	<b>Center is closed</b>
Weds, Jan 18 <sup>th</sup>	<b>HAIR SALON HOURS</b>	9:00 a.m. to 1:00 p.m.
	Walk in <u>or</u> appointments at the senior center	
Weds, Jan 18 <sup>th</sup>	Strength & Balance Exercise Class \$5	11:30 a.m. – 12:15 p.m.
Weds, Jan 18 <sup>th</sup>	Lunch Trip: Hometown Buffet @ Meadow Glen Mall \$2	10:30 am
Thurs, Jan 19 <sup>th</sup>	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
<b>Fri, Jan 20<sup>th</sup></b>	<b>Boston Food Bank: <u>Brown Bag</u></b>	<b>10:00 a.m. – 12:30 p.m.</b>
<b>Mon, Jan 23<sup>rd</sup></b>	<b>Women’s Group Meeting</b>	<b>11 am</b>
Tues, Jan 24 <sup>th</sup>	<b>Blood Pressure Clinic</b> “Lucy Booth” Open!	8:30 a.m. – 10:00 a.m.
	Nurse available for your questions.	
Tues, Jan 24 <sup>th</sup>	“What’s the difference between all the over the counter pain relievers?”	
	sponsored by—FLAG PHARMACY GAME ROOM	12 noon
Weds, Jan 25 <sup>th</sup>	<b>HAIR SALON HOURS</b>	9:00 a.m. to 1:00 p.m.
	Walk in <u>or</u> appointments at the senior center	
Weds, Jan 25 <sup>th</sup>	Strength & Balance Exercise Class \$5	11:30 a.m. – 12:15 p.m.
Thurs, Jan 26 <sup>th</sup>	Podiatry Appointments call for appt	10:00 a.m. – 12:30 p.m.
Thurs, Jan 26 <sup>th</sup>	Lunch Trip: Lynn Tech \$2	11:00 am
Fri, Jan 27 <sup>th</sup>	Strength & Balance Exercise Class \$5	11:30 a.m. – 12:15 p.m.
Fri, Jan 27 <sup>th</sup>	Massage Therapy Appointments \$5	1:00 p.m. – 3:00 p.m.
Tues, Jan 31 <sup>st</sup>	Abbott House Horseracing and Lunch	10:30 am

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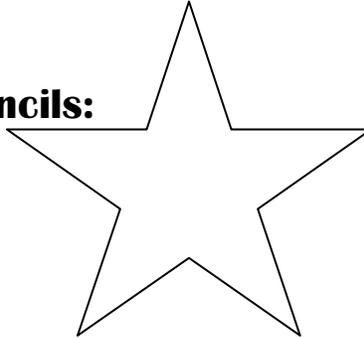


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## Wish List

Our center is in need of the following if you are willing to donate:

- New batteries: AA and AAA
- Writing pads, pens and pencils: clean and usable.
- Get well cards
- Postage Stamps
- White copy paper



## Help us save postage money!

We are charged postage for the mailing of your newsletter. We are also charged if it returned to us. How can you help?

- Verify that your address is accurate including apartment and zip code.
- If you move call us with your new address as soon as you know and we'll change it in the database.
- If you are temporarily away, let us know too! We will temporarily stop your mailing and reinstate when you return.
- If you regularly visit the center and choose to pick one up and save on the postage; let us know and we will stop your mailing.

Thanks for helping us crunch numbers!

## Casino Trips



### From the Lynn Senior Center

**TWIN RIVERS \$17**

January 10

8:00 am— bus leaves the Lynn Senior Center  
3:30 pm—bus departs from casino

Includes: \$10 Slot Play and  
\$7 food voucher

### From Revere

**MOHEGAN SUN \$25**

Every Tuesday

10:30 am— bus leaves from Revere  
7:30 pm—bus departs from casino

Bus leaves from Revere Taco Bell @  
North Gate Plaza. Pay on bus!  
Call Elaine 781-289-6144

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Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

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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.

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Cathy Davis in admissions for more information.

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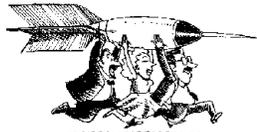
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## COMPUTER CLASSES



Lynn Senior Center - Computer Room, 1<sup>st</sup> 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:

Jan 9<sup>th</sup>, Jan 23<sup>rd</sup>, Jan 30<sup>th</sup>, Feb 6<sup>th</sup>, Feb 13<sup>th</sup>  
(snow date: Feb 27<sup>th</sup>)

### 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 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.*

11:15 a.m. – 12:15 p.m.

Cost: \$50.00

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## Wellness Watch



### About Depression-There is Help

Everyone feels blue or sad now and then but these feelings usually pass in a few days. Major depression interferes with daily life and normal functioning. It causes pain for both the person with depression and those who care about him or her. The good news is that it is highly treatable.

Depression is a common problem among older adults but it is **not** a normal part of aging. As we age we may experience many changes and losses that can make us feel sad or anxious. After a period of adjustment many older adults can regain their emotional balance, but others do not and may develop depression. There is no one cause or risk factor. Depression can be caused by or accompany other illnesses. Sometimes medications may cause depression as a side effect.

Symptoms of depression include sleep problems, eating more or less than usual, loss of interest in once pleasurable activities, persistent physical symptoms and frequent crying. Feeling emotionally empty, irritable, feeling that life is not worth living or thoughts of death or suicide are also symptoms. If you have these symptoms for more than two weeks, you may have depression. Talk with your doctor.

Depression is one of the most important causes of suicide. Older men experience higher rates of completed suicide than any other age and gender group. **If you are in a crisis, thinking about harming yourself or attempting suicide, tell someone who can help immediately. Call your doctor, 911 or go to the nearest hospital emergency room. Or call the Samaritans 1-877-870-4673 for confidential help.**

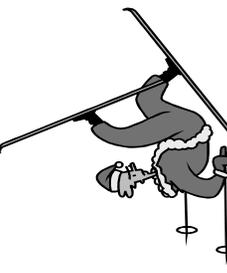
The good news is that depression, even in its most severe form, is highly treatable. Talk with your doctor, nurse or social worker. Your doctor can rule out medications or medical conditions that may be contributing to the depression. Your doctor may also suggest a referral to a mental health specialist. Once diagnosed, the depression can be treated with medication and/or psychotherapy or "talk therapy." Research shows that for older adults a combination of both is most effective. Treatment may differ depending on the individual. Treatment may take time but it is well worth the effort.

Adapted from National Institute on Health Senior Health website [nihseniorhealth.gov/depression](http://nihseniorhealth.gov/depression). This is an excellent, easy to use web site for a wide variety of information. You can enlarge the font and chose an audio version.

*Real Men, Real Depression* [www.nimh.nih.gov/health/topics/depression](http://www.nimh.nih.gov/health/topics/depression)  
1-866-227-6464. Information is available in Easy to Read, English and Spanish.

Susan H. Brown RN  
GLSS Community Education Nurse  
781-599-0110

# JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 HOLIDAY NO FOOD SERVICE</p>	<p>3 Mac &amp; Cheese Spinach Chilled Fruit ALTERNATIVE Salisbury Steak/ Gravy Whipped Potato</p>	<p>4 Boneless Chicken Tarragon Garlic Whipped Potato Country Blend Veggies/ Cookie ALTERNATIVE Dominican Beef Stew Yellow Rice</p>	<p>5 Veggie Soup Meatball Sub/ Sauce Home Fries Fresh Fruit ALTERNATIVE Chicken Marsala</p>	<p>6 Pollock/Mushroom Sauce Lyonnaise Potato Jardinière Veggie Chilled Fruit ALTERNATIVE Beef Strip Steak/ Gravy</p>
<p>9 Turkey Kielbasa Casserole Carrots Jell-o/ Topping ALTERNATIVE Rib-B-Q/ Gravy Potato</p>	<p>10 Honey Mustard Tyson Chicken Whipped Potato Italian Blend Veggies Brownie ALTERNATIVE Spanish Sheppard's Pie</p>	<p>11 Minestrone Soup Meatloaf/ Gravy O'Brien Potato Fresh Fruit ALTERNATIVE Omelet /Cheese Sauce</p>	<p>12 Veal Cacciatore White Rice Italian Green Beans Mandarin Oranges ALTERNATIVE Teriyaki Chicken</p>	<p>13 Pulled Pork Sandwich w/ BBQ Sauce Sweet Potato Fiesta Veggie/Chilled Fruit ALTERNATIVE Chicken Quesadilla</p>
<p>16 HOLIDAY NO FOOD SERVICE</p>	<p>17 Lasagna/ Meat Sauce Zucchini/ Red Pepper Chilled Pineapple ALTERNATIVE Chicken Filet Sandwich Whipped Potato</p>	<p>18 Veggie Lentil Soup Fiesta Fish/ Dill Sauce Cheddar Whipped Potato Pudding ALTERNATIVE Salisbury Steak</p>	<p>19 WINTER SPECIAL Pot Roast/Sweet Onion &amp; Mushroom Gravy Creamy Scalloped Potato Veggie Medley/Dinner Roll Peach Cobbler</p>	<p>20 Boneless Rosemary Chix Stewed Tomatoes Lyonnaise Potatoes Muffin/ Fresh Fruit ALTERNATIVE Liver &amp; Onions</p>
<p>23 Swedish Meatballs/ Gravy Whipped Potato Beets Chilled Fruit ALTERNATIVE Veggie Quiche</p>	<p>24 Roast Turkey w/Gravy Sweet Potato Peas &amp; Onions Oat Roll/ Fresh Fruit ALTERNATIVE Spanish Beef/ Yellow Rice</p>	<p>25 Stuffed Pepper/ Sauce Parsley Potatoes Green Beans/ Red Pepper Jell-o/Topping ALTERNATIVE Potato Crunch Fish</p>	<p>26 Cream of Broccoli Soup Cran Glazed Tyson Chicken Brown Rice Pilaf Chilled Fruit ALTERNATIVE Salisbury Steak</p>	<p>27 Beef Stew/ Veggies Diced Potato Biscuit Cake ALTERNATIVE Chicken Bruschetta</p>
<p>30 Chicken Parm/ Rotini Tuscan Veggies Chilled Fruit ALETRNATIVE Sweet &amp; Sour Meatballs Whipped Potato</p>	<p>31 Roast Pork w/Gravy Baked Potato/ Sour Cream Butternut Squash Garlic Roll/ Chilled Fruit ALETRNATIVE Spanish Chix/Rice &amp; Beans</p>			

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## SENIOR CENTER ACTIVITIES • JANUARY 2012

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	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	

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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: \_\_\_\_\_

## THANK YOU ...

Thank you for the lovely Holiday center pieces donated as raffle gifts for the holiday Party.

~ Donna Peagle

Thank you for your generous donation

~Sophie Karoumpalis

## In Loving Memory...

In loving memory of Ellen Argeros

~Sheila Forrest

In loving memory of Joseph P Masucci

~The Noble Family

In loving memory of Mike Gauvain, and Al & Eunice LaBossiere

~Gail Gauvain

In loving memory of Win LeGrow and

Pauline Stickney

~Grace and Mary Ishkanian

## AARP Tax Appointments

Mondays,  
starting Feb 6th

By appointment only  
First come, first serve

Call Sandra  
@ 781-586-6518

Must be a senior center member with a swipe.

Special thanks to:

## The Medicine Shoppe

for the BIG gift basket raffled at the holiday party.

The Medicine Shoppe, formerly the Willow Pharmacy, is located at 280 Union Street-right across the street! Stop in for all your prescription and health and beauty needs.

**Pharmacist Stephen Mowry is coming to the senior center on Friday, February 10<sup>th</sup> at 11:30 a.m.**

Free gifts, "Treaties for our sweeties" for Valentine's Day, and all your questions answered.

## MOVIES...every Wednesday!

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

Jan 4	Water for Elephants	PG-13	2011
Jan 11	Mrs. Dalloway	PG-13	1997
Jan 18	The Next Three Days	PG-13	2010
Jan 25	The Bells of St. Mary's	NR	1945

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.

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



Movies are subject to availability.



### Free Safelink cell phone voicemail classes!

*Don't fret it ~ Stop worrying!  
Where are your messages going?*



#### SCHEDULE:

**Thursday, January 5** 1:30 pm – 2:30 pm  
LG phones only

**Wednesday, January 11** 10:30 am – 11:30 am  
Motorola phones only

Must sign up to reserve your seat.  
Limit of four per class.

*More classes to come if needed...*

**Do you have problems with clutter and want to know how to help yourself? We are starting a support and educational group around how to de-clutter to be held at Greater Lynn Senior Services this winter. If you are interested please contact Michele Martindale at GLSS at 781-586-8621. Everything that happens in the group will be completely confidential.**



### Chestnut Gardens

A P A R T M E N T S

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**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.



**~Registering for the next session which will be held in March of 2012.**

- |    |                  |                |  |
|----|------------------|----------------|--|
| #1 | Friday, March 9  | 1pm-2pm        | Classroom session discussing menu planning, food prep, and budgeting   |
| #2 | Friday, March 16 | 1pm – 3 pm     | <u>Field Trip</u> 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, March 23 | 2:30 pm – 4 pm | Hands on cooking demonstration at the Lynn Senior Center.  |
| #4 | Friday, March 30 | 1pm-2pm        | Questions and Answers classroom review   |

*Please RSVP to Kristi at 781-586-8618.*

## **Start the New Year off right!**

### **NEW EXERCISE EQUIPMENT!**

The senior center has acquired brand new commercial exercise equipment- a treadmill and a recumbent stationary bicycle funded solely from a capacity building grant. This equipment is available to any senior to use under the following conditions:

The equipment is located in the game room and is available during normal senior center operating hours except for when there is an activity/program in the room.



- **Must submit a doctor's note granting permission to use.**
- **Must sign a Lynn COA/GLSS release of liability form.**
- **Must receive training on proper use of the equipment and sign an understanding of policies.**

**Proper athletic shoes are mandatory for safety reasons.**

## American Football



ASTRO TURF

BLITZ

COIN TOSS

DEFENSE

END ZONE

FIELD GOAL

FIRST DOWN

FOOTBALL

GRASS

GRIDIRON

HALF-TIME

HANDOFF

HELMET

INCOMPLETE

INJURY

INTERCEPTION

JERSEY

KICK

KICKOFF

LINE OF

SCRIMMAGE

OFFENSE

OFFENSIVE LINE

PADS

PENALTY

PIGSKIN

PLAYBOOK

PLAYOFFS

PUNT

QUARTER

QUARTER BACK

RECEIVER

RUNNING BACK

SAFETY

SCORE

SUPER BOWL

TACKLE

TEAM

THROW

TIGHT END

TIMEOUT

TOSS

TOUCHDOWN

TWO-POINT

CONVERSION

UNIFORM

YARDS

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

**Trivia:** What team has been to the (USA) Super Bowl more than any other?

**Answer:** \_\_\_\_\_ (two words)

**LYNN  
COUNCIL ON  
AGING**

Arthur Akers

John W. Baker

Edmund Brown

Ernest Carpenter

Albert DiVirgilio

Daniel P. Hanlon

Frank LaMacchia

George Meimeteas

Charles Mitchell

Frances Taggart

**LYNN COUNCIL ON AGING SENIOR CENTER**

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**HEALTH FOCUS PROGRAM**  
**LYNN SENIOR CENTER**



**JANUARY 2012**

**BLOOD SUGAR TESTING**

January 10

8:30 am - 10:00 am

*(Nurse available for any health questions.)*

**BLOOD PRESSURE**

January 24

8:30 am - 10:00 am

*(Nurse available for any health questions.)*

**EYEGLOSS CLINIC**

January 3

10:00 am - 11:00 am

**MASSAGE THERAPY**

January 13 and January 27

1:00 pm - 3:00 pm

Call for appointment

**PODIATRIST**

January 5 and January 26

10:00 a.m.

Call for appointment.

Bring insurance card.

**HAIR BY CHASTITY**

Mondays

Starting @ 10:00 am

Wash, cut, color, braids,  
layering, weaves!

Walk-ins or appointments

**HAIR SALON**

Wednesdays

9:00 am - 1:00 pm

Walk-ins or appointments