

LYNN COUNCIL ON AGING SENIOR CENTER



July 2013

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

You're going to love this one.....

The boss wondered why one of his most valued employees was absent but had not phoned in sick. So he dialed the employee's home phone number and was greeted by a child's whisper, "Hello?" He asked, "Is your Daddy home?" 'Yes, he's out in the garden', whispered the small voice. "May I talk to him?" he continued. The child whispered, 'No!' So the boss asked, "Well is your Mommy there?" 'Yes, she's out in the garden too' and the boss asked, "May I talk to her?" Again the small voice whispered, "No." Hoping there was somebody there with whom he could leave the message, the boss asked, "Is there anyone else there?" "Yes," whispered the child, "a policeman..." Wondering what a cop would be doing at his employee's home, the boss asked, "May I speak with the policeman?" "No he's busy", whispered the child. "Busy doing what?" "Talking to Mommy, and to Daddy, and to the Policemen with dogs." Growing more worried as he heard the loud noise in the background, the boss asked, "What is that noise?" "It's a helicopter!" answered the whispering voice. "What is going on there?" "The search team just landed a helicopter", answered the whispering voice. "What are they searching for?" Still whispering, the young voice replied with a muffled giggle.... "ME!"

From Your Mayor

I hope you are all enjoying a wonderful start to the summer. One event that is always a highlight of the year is the fireworks display along the waterfront, which will take place on Wednesday, July 3. Lois Lane and the Daily Planets will perform from 7 p.m. to 9 p.m. and the fireworks will go off at 9 p.m. I hope many of you will be able to make it down to the beach for this festive event. Lynn Shore Drive and surrounding streets will close at 7:30 p.m. and remain closed until after the show.

Throughout the month, the Friends of Lynn & Nahant Beach will sponsor Thursday night concerts at Red Rock Park, starting at 6 p.m. Performers this month include Brian Maes Band on July 11, Lexington Street Band on July 18 and Mary Beth Maes Band on July 25.

The Lynn Auditorium will present its first summer show, welcoming Cesar Millan Live on Thursday, Jul 11 at 07:30 p.m. A self-taught expert, Millan is widely known for his television series *Dog Whisperer with Cesar Millan*, now in its ninth season and broadcast in more than 80 countries.

On Saturday, July 13, Arts After Hours presents the fourth annual Backyard Bash at 7 p.m. at the Lynn Museum & Historical Society, featuring Eddie Japan – winners of the Rock and Roll Rumble 2013 – and Jenny Dee and the Delinquents.

The entertainment continues on Saturday, July 27, when the second annual Shakespeare in Lynn Woods series kicks off with *Much Ado About Nothing*. The show will continue through August 11.

Also starting this month, the popular Farmer's Market will return to Central Square and will be held every Thursday through October from 11 a.m. to 3 p.m.

Best wishes for a safe and enjoyable summer.

Mayor Judith Flanagan Kennedy


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Lynn Council on Aging Senior Center

**Publication
funded by:**

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503
Rosa Paulino-Diaz
Assistant 781-599-0110 ext. 625
Kristi Harris
Assistant 781-599-0110 ext. 618

**Hours of
Operation:**

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

LCOA Board of Directors

Arthur Akers
Edmund Brown
Ernest Carpenter
Albert DiVirgilio
Daniel P. Hanlon
Frank LaMacchia
Lester McCLain
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
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Deb Small
Cindy LeBlanc
Virginia Calef

President
Vice-President
Treasurer
Recording Secretary
Membership Secretary

Meets last
Thursday
monthly at 10 am

6th Annual Independence Day BBQ

July 3rd 11 am – 2:30 pm
\$3 per ticket - until supplies last

Tickets went on sale June 14th
Standby seating without a guaran-
tee the day of.

FOUR GUYS in TUXES
performing! Get your requests in.

Hot dogs, hamburgers, sausage
peppers and onions, watermelon,
corn on the cob, ice cream, ice tea!
Largest 50/50 raffle of the year!

~Gratefully supported by
the **FRIENDS of the LYNN
COUNCIL ON AGING~**

THANK YOU to:

PACE!!!! Ice cream sandwich treats
for a patriotic BBQ~
United SCO for sponsoring the
live entertainment!

Walgreens, your local pharmacy on
Union Street for donating spring
water on a hot summer day!

Mr. Albert DiVirgilio, Board Member and
supporter of our cause and events!

JULY HAPPENINGS

- | | | |
|-----------------------|--|---|
| Tues, July 2 | Mr. Specs Eye Glass Clinic | 10:00 a.m. – 11:00 a.m. |
| Weds, July 3 | 6th Annual Independence Day BBQ
No regular scheduled activities
Pre-sale ticketed event
Four Guys in Tuxes! Live band entertainment 12pm – 2pm | 11:00 a.m. – 2:30 p.m. |
| Thurs, July 4 | Happy 4th of July!! | Center is closed |
| Fri, July 5 | Field Trip: Peabody Essex Museum \$2 | 10:30 a.m. – 1:30 p.m. |
| Tues, July 9 | Blood Sugar AND Blood Pressure Clinic
"Lucy Booth" Open! Nurse available for your questions. Large Activity Room | 8:00 a.m. – 9:30 a.m. |
| Tues, July 9 | Birthday Karaoke | 11:30 a.m. – 1:00 p.m. |
| Tues, July 9 | LGBT & Friends Supper @ Castle Island | 3pm – 7:30 pm |
| Weds, July 10 | FOOD STAMPS OFFICE HOURS
note time change-ends at 1pm | 9:00 a.m. – 1:00 p.m. |
| Weds, July 10 | Senior T pass trip to Boston \$2 | 9:30 a.m. – 1:30 p.m. |
| Thurs, July 11 | Free Seminar: Salem State Nursing Students presenting:
"Know Your Triggers- something in your home may be affecting your breathing" | 9am – 9:45 am |
| Mon, July 15 | Women's Group Meeting | 10 am – 11 am |
| Tues, July 16 | Field Trip: \$2 10:30 a.m. – 1pm
Savers/Job Lots/ Kentucky Fried Chicken | |
| Thurs, July 18 | Podiatry Appointments | 10:00 a.m. – 12:00 p.m. |
| Thurs, July 18 | Free Seminar: Flag Pharmacy
Personal Hygiene-It's important! | 10:00 a.m. – 10:45 a.m. |
| Fri, July 19 | BROWN BAG: BOSTON FOOD BANK | 10:00 a.m. – 12:00 p.m. |
| Tue, July 23 | Casino Trip: FOXWOODS
\$25 prepaid reservation Bus leaves promptly at 7 am | 7:00 a.m. – 6:30 p.m.
Need 40 people by May 6th |
| Weds, July 24 | Lynn Council on Aging Board of Director's Meeting | 1:30 pm |
| Thurs, July 25 | MARTHA'S VINEYARD TOUR- prepaid reservations | 7a.m. – 7 p.m. |
| Thurs, July 25 | FRIENDS OF LCOA meeting | no July meeting |
| Tues, July 30 | Hearing Clinic | 9:00 a.m. – 11:00 a.m. |
| Tues, July 30 | Field Trip: Clam Box Ipswich \$2 | 11:30 a.m. – 1pm |
| Weds, July 31 | Field Trip: Clam Box Ipswich \$2 | 11:30 a.m. – 1pm |

Please note:

Exercise Classes will still be held Weds and Fridays 11:30 am – 12:15pm
TOPS will still be held Thurs 10 am
As listed on the calendar on page.

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JULY 2013

MONDAY	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chicken Scaloppini Polenta Parmesan Roman Blend Veggies Chilled Fruit ALTERNATIVE Salisbury Steak/Gravy</p>	<p>2</p> <p>Beef Noodle Soup Turkey and Cheese Giaia Salad Pudding ALTERNATIVE Egg Salad</p>	<p>3</p> <p>Hamburger/Roll /Cheese Potato Salad Ketchup/Mustard/Relish Corn on the Cob/ Water- melon ALTERNATIVE Grilled Chicken Sandwich</p>	<p>4</p> <p>HOLIDAY No Meal Service</p>	<p>5</p> <p>Pasticchio Tuscany Veggies Chilled Fruit ALTERNATIVE Chicken Paprika Whipped Potato</p>
<p>8</p> <p>Krunch Lite Fish/Dill Sauce Cookie Cheddar Whipped Potato Italian Blend Veggies ALTERNATIVE Stuffed Pepper/ Sauce</p>	<p>9</p> <p>Cranberry Glazed Tyson Chicken Jell-o Lyonnaise Potato Peas & Mushrooms ALTERNATIVE Liver & Onions</p>	<p>10</p> <p>Tortellini/Meat Sauce Parm Cheese Green Beans & Red Pepper Chilled Fruit ALTERNATIVE Pork Patty/ Gravy</p>	<p>11</p> <p>Turkey Cacciatore Steamed Rice Tossed Salad Fresh Fruit ALTERNATIVE Beef Strip Steak/ Gravy</p>	<p>12</p> <p>Garden Veggie Soup Pot Roast/ Gravy Italian Roast Potato Chilled Fruit ALTERNATIVE Chicken Teriyaki/ Rice</p>
<p>15</p> <p>Meatball Sub/ Sauce Hash Brown Potatoes Green & Golden Chilled Fruit ALTERNATIVE Omelet w/Cheese</p>	<p>16</p> <p>Boneless Chicken Tarra- gon Whipped Potato Veggie Ratatouille Muffin ALTERNATIVE</p>	<p>17</p> <p>Rib-B-Q/Sauce Corn Pudding Carrots Fresh Fruit ALTERNATIVE Chicken Marsala</p>	<p>18</p> <p>Cream of Broccoli Soup Shaved Roast Beef/WW Pita Tossed Salad Banana Cake ALTERNATIVE Turkey Salad</p>	<p>19</p> <p>Bk Stuffed Fish Newburg Whipped Potato Jardinière Veggies Pudding ALTERNATIVE Salisbury Steak/ Gravy</p>
<p>22</p> <p>Macaroni & Cheese Stewed Tomatoes Chilled Fruit ALTERNATIVE Spanish Beef Yellow Rice</p>	<p>23</p> <p>Roast Turkey/ Gravy/ Stuffing Red Bliss Mashed Pota- toes Butternut Squash Muffin/ Fresh fruit ALTERNATIVE Veggie Quiche</p>	<p>24</p> <p>Chicken Veggie Soup Meatloaf/Ketchup Gravy Bk Potato/ Sour Cream Chilled Fruit ALTERNATIVE Fish Florentine</p>	<p>25</p> <p>Turkey/Sausage Rings/ Roll Peppers & Onions Marinated Mushrooms Chilled fruit ALTERNATIVE Chicken Meatballs/ Gravy</p>	<p>26</p> <p>Tyson Chicken Bruschetta Whipped Potato Country Blend Veggies Cake ALTERNATIVE Fish Sandwich/Tartar</p>
<p>29</p> <p>Lasagna w/Meat Sauce Parm Cheese Italian Green Beans Garlic Roll/ Chilled Fruit ALTERNATIVE Turkey Ham/ Potato</p>	<p>30</p> <p>Italian Wedding Soup California Chix Salad/ WW Bulkie Potato Salad Pudding ALTERNATIVE</p>	<p>31</p> <p>Roast Pork/ Gravy Whipped Potato Scandinavian Blend Veg- gies Cookie ALTERNATIVE</p>		

SENIOR CENTER ACTIVITIES • JULY 2013

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	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 SPORTS CLUB	12:30-2:30 CRIBBAGE	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
1:00-2:45 BINGO (NEW TIME)	1:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO (NEW TIME)
	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.

111 Birch St./Lynn, MA 01902

781.592.9667

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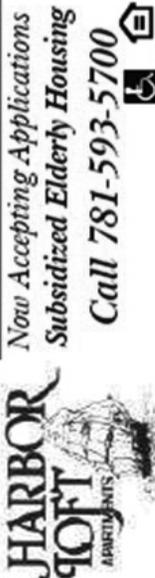
Hatch Hearing Aid Center
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CASINO TRIPS

Departs from Lynn Senior Center

Casino Trips from Revere
 Call for reservations and pick!

Foxwoods \$25
 7 am - 6:30 pm
 July 23rd & August 20th

Please sign up early! We need 40 reservations a full week before the travel date; otherwise we must cancel.



Mohegan Sun \$25
 10:00 a.m. - 8:45 p.m.
 July 2nd & 15th
 Aug 13th & 27th
 Sept 10th & 24th

Twin River \$20
 10:00 a.m. - 8:10 p.m.
 July 11th & 25th
 Aug 8th & 22nd
 Sept 5th & 19th

Sign up in person at the senior center.
 OR

Mail your registration sheet and payment check in.
 Call for a sign up sheet and we'll mail it to you.

Any questions?
 Call Elaine 781-289-6144
 Call for reservations and pick!

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

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

July 3	No movie due to BBQ		
July 10	Lincoln (12:30 pm start)	PG-13 2012	150 min
July 17	A Good Year	PG-13 2006	114 min
July 24	Les Miserables (12:30 pm start)	PG-13 2012	157 min
July 31	Cinderella Man	2005 PG-13	145 min

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.



COMPUTER CLASSES

Computer Classes - Mondays

July 1st, 8th, 15th, 22nd, 29th

Next session: Aug 5th, 12th, 19th, 26th, Sept 9th

**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.

If mailing your payment, make check payable to:

LCOA , Attn: Rosa, 8 Silsbee Street , Lynn, MA 01901

(Expect a phone call confirming your seat.)

Computer Class Descriptions:

**Introductions to Computers & Microsoft Word 2010
(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. The student will learn the basics of the new Microsoft Word 2010 word processing.

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 five 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

**Basic Media Skills
(Five Week Course)**

This basic introductory course is designed for students who want to archive photos, make movies and slide shows utilizing music and videos.

12:30 p.m. – 1:30 p.m. Cost: \$50.00

Computer room is open to all seniors.

Must sign a compliance policy and procedure form and swipe membership card .

Computer Room Hours of Operation:

Monday - Friday 8:15 am-3:45pm

Closed: Mondays for classes



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Place Your Ad

If you are a cancer survivor, congratulations!

**Are you eighteen years old or older?
Are you willing to share what you have learned?**

The end of cancer treatment can be both stressful and exciting. We want to learn what helps survivors adapt to life after treatment.

The Healthy Living Program at Greater Lynn Senior Services (GLSS) invites you to share your experience and knowledge as a cancer survivor. A cancer survivor who participated in a recent workshop shared the following; "I am not alone. Others are facing the same difficulties. I am committed to live in the present and find out what really will make me happy."

GLSS invites you to share what works for you. We want to learn what has helped you in the journey of living with cancer. What advice would you give to others who are just beginning? You are remarkable and you are an expert on thriving and surviving after cancer treatment.

Discussion Group meets July 24, 2013 9:30 – 11:00AM

Greater Lynn Senior Services 8 Silsbee St. Lynn

Participants will receive a \$30 stipend
You will be entered into a raffle for a gift card
A light breakfast will be provided

To register contact:
Susan Brown
781-586-6568/sbrown@glss.net

Greater Lynn Senior Services gratefully acknowledges the support of the Boston North Cancer Association in this endeavor.

ANNOUNCEMENTS

Notice:

No regularly scheduled activities on July 3rd due to the annual BBQ.

The senior center will close at 3pm. Please arrange for rides accordingly.

Sophie K is on vacation returning July 24th. The hair salon is still operating on Wednesdays and Mara will be glad to service you!

Research Project- info coming soon!

Looking for senior subjects to share their stories about bully experiences.

Dates for July and August to be announced. See staff if interested.

Wonderful Wizard of Oz

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

ADVENTURE

JUDY GARLAND

SCARECROW

AUNT EM

KANSAS

SILVER

BRAIN

L. FRANK BAUM

TECHNICOLOR

BROOMSTICK

MAGIC

TIN MAN

COURAGE

MELTING

TORNADO

COWARDLY LION

MUNCHKIN

TOTO

DOROTHY

NERVE

UNCLE HENRY

EMERALD CITY

NINETEEN THIRTY-NINE

WATER

FIRE

NO PLACE LIKE HOME

WICKED WITCH

FOREST

OVER THE RAINBOW

WIZARD OF OZ

GLINDA

POPPIES

YELLOW BRICK ROAD

HEART

RUBY SLIPPERS

Out and About Fun! Lynn Senior Center Trips 2013 Join us!

Weds, August 21st

\$80

Boston Duck Tours! ~ includes Boston Common/Public Gardens & Luncheon

8:30am- Depart from the Lynn Senior Center; head to the Boston Common where you'll see the Public Gardens and the Swan Boats. Enjoy a full course luncheon at the 'No Name' Restaurant on Fish Pier. Ride the famous Boston Ducks through Boston sights and take the plunge into the Charles River for a brief cruise.

Approximate return time to Lynn us **5:30 pm.**

~Final Payment due May 7th ~Must have 40 reservations~ Sign up by Aug 7th for 4 month payment plan of \$20 per month.

Sun, Dec 1st – Mon, Dec 2nd

\$230 dbl

\$280 single

\$220 triple

White Mountain Christmas ~ White Mountain Hotel & Resort, North Conway, NH

2 days/1 night - Includes 3 meals (including a Grand Sunday Brunch), 2 Holiday Shows, Special cocktail prices, Santa visit and a gift. Departs from Lynn Senior Center at 9 am.

~\$50 deposit by Aug 1st holds a reservation ~ Must have 35 reservations ~ Payment Plan: Sign up by April 1st with a \$50 deposit followed by 6 monthly payments of \$30 due on the 1st of every month. Deposit is refundable up to Oct 1st and non-refundable after Oct 1st-no exceptions.

Participants travelling with the Lynn Council on Aging must complete trip registration forms that include emergency contact information. Seniors may register companion travelers aged 21 and over. Please call the senior center to discuss accommodations as some or parts of these trips may not be handicap assessable or conducive to those unable to walk far or handle stairs. LCOA reserves the right to deny a registration based on health reasons that may cause a risk. Remember to obtain a free parking permit for the municipal lot prior to the trip date if you plan on parking at the senior center. Accepting checks (no cash) by mail- 8 Silsbee St- payable to LCOA,

Questions? Call Stacey at 781-586-8503

**Lynn Senior Wellness Fair @
Ingalls Elementary School**

1 Collins St Terrace
August 5th
9am – 12 pm

~sponsored by PACE at the Elder Service Plan of the North Shore~

Meet local vendors, get free advice, free blood pressure tests, gifts, and prizes. Farmer's Market Coupons distributed on-site- income eligible-one per household. Mandatory verification. Any consumer who received a coupon at another location will be denied a second one. **ONE PER PERSON** will be verified. While supplies last.

NEW!!

Walgreens delivers!

Starting July 12th, you may have your Walgreen's prescription delivered to the senior center kiosk.

Pick up times are 11 am – 12 pm. Simply tell the pharmacist you will be at the senior center on Friday and it will be here waiting for you. Cash or Credit Card accepted.

**LGBT Elders, Friends, & Supporters
Supper at Castle Island!**

Bus leaves senior center @ 3:30 pm
Return before the cows come home!

IN LOVING MEMORY

In loving memory of Dr. Thelma Berger
~Dr. Harvey Berger

Thank you for your donation
~Florence Frasca

Thank you for your donation
~Robert Cluney

Thank you for your donation
~Sophie Karampoulis



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

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

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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

July 2nd
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR & BLOOD PRESSURE

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

HEARING CLINIC

July 30th
9:00 am—11:00 am

PODIATRIST

July 18th
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

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