

# LYNN COUNCIL ON AGING SENIOR CENTER



**August  
2015**

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

## From the Director's Desk

### "The Good Old Days"

Remember the good old days gone by  
When we were children, you and I  
The way we skipped, the way we ran  
The times that we played "kick the can"

Do you remember the card games we played?  
Solitaire, rummy, fish, and old maid  
And jumping rope I liked so much  
Especially playing double Dutch!

The house that we lived in was drafty and old  
But the old black stove kept out the cold  
Ice cream cones then were only a nickel  
And it also could buy you a pickle

Television then was unheard of, you know  
But at night we all sat by the old radio  
We listened to all the wonderful shows  
Lights Out, Suspense and The Shadow Knows

We shared all the problems that started  
on Monday  
For poor Helen Trent and Our Gal Sunday  
And there was always a story to tell  
With Lorenzo Jones and his wife Belle

Sinatra and Crosby were always in tune  
Their singing would cause all the young  
girls to swoon  
And it would bring a tear to my eye  
When I listened to Johnny Ray sing, "Cry"

The kids on our block all hung in a group  
At night we'd gather and sit on the stoop  
We'd tell silly jokes or sing a new song  
But had to go in when the street lights went on

Remember the good old days?

~Author Unknown~

## From Your Mayor

I hope you have been enjoying the wonderful days of summer. It is always such a beautiful season to live in New England.

I invite you to join us for the remaining performances of the summer concert series at Red Rock Park this month. Performances include 12:01 Blues Band on Aug. 6, White Lightnin' on Aug. 13 and Night Flight on Aug. 20. All concerts are from 6 to 8 p.m. and admission is free. We also close out my Summer Movie Series at Red Rock Park with a showing of Cinderella on August 28 at 8 p.m.

You can continue to support the arts in our community by joining us in the garden of the beautiful Rhoades Chapel in the Pine Grove Cemetery for one of the remaining performances of Shakespeare's "Romeo and Juliet." Shows are Saturdays and Sundays at 1 p.m. and 4 p.m. through Aug. 9 and are free to the public.

At the Lynn Auditorium, we have a number of performers taking the stage this month, including Paul Anka on Aug. 6. For tickets, please visit [www.lynnauditorium.com](http://www.lynnauditorium.com) or call the box office at 781-581-2971.

On view at the Lynn Museum is the exhibit "America's Favorite Pastime: A Lynn Perspective," featuring items on loan from the National Baseball Hall of Fame, the Wenham Museum and private collectors.

The Massachusetts Little League State Finals, hosted by Wyoma Little League, wraps up on Saturday, Aug. 1. We are thrilled to be hosting the 2015 games and welcoming all of the players, coaches, families and visitors to our city.

Summer is a perfect opportunity for healthy eating and we are lucky enough to have full access to fresh fruits and vegetables every week in Downtown Lynn. I urge you to visit the Central Square Farmers' Market, which is open every Thursday through October from 11 a.m. to 3 p.m. on the corner of Union Street and Exchange Street.

Enjoy the rest of these summer days,  
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  
 Activities Assistant ext. 625  
 Pam Brito  
 Program Coordinator ext. 618

Hours of  
 Operation:

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

**LCOA Board of Directors**

**Albert DiVirgilio** President  
**Arthur Akers** Clerk  
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**Lester McCLain**  
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Meets 4th  
 Wednesday  
 monthly at  
 11:30 a.m.

**FRIENDS of LCOA Executive Board**

**Joan B. Noble** President  
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**Cindy LeBlanc** Recording Secretary  
**Roberta Abrams** Membership Secretary

Meets last  
 Thursday of the  
 month quarterly

***We need your help...***

We are proud to offer two meals at our senior center daily. We want to keep this program alive as long as possible without cutting service days. The costs to operate a kitchen surpass our funding.

Please scan your card and tap the meal you are having every visit. This affords us reimbursement to cover only less than half of just the cost of the food alone. Lunch ticket is \$2.00 and Breakfast is \$1.00. One meal per person, as each meal reimbursement must be linked to one participant's name.

Help us keep our meal program as it is. Our nutrition program is very unique serving you three choices, Monday through Friday rotating many selections and offering special meals. We want to keep the daily service and choices without having to resort to a reservation policy.

We respect those who are unable to pay for their meal. Please confidentially see a staff member for assistance.

## AUGUST HAPPENINGS



Trip sign-ups begin, Tues, July 28<sup>th</sup>

- |  |   |                   |                           |
|--|---|-------------------|---------------------------|
| <b>Tues, Aug 4</b>   | <b>Lunch Trip: Castle Island</b>                        | <b>\$2</b>        | <b>9:30 am – 2pm</b>      |
| <b>Tues, Aug 4</b>   | <b>Hearing Clinic</b>                                   | <b>Quiet room</b> | <b>10 am – 11 am</b>      |
| <b>Thurs, Aug 6</b>  | <b>Birthday Karaoke</b>                                 |                   | <b>11:30 am – 1:00 pm</b> |
| <b>Tues, Aug 11</b>  | <b>Blood Sugar <u>AND</u> Blood Pressure Clinic</b>     |                   | <b>8 am – 9:30 am</b>     |
| <b>Tues, Aug 11</b>  | <b>Live Entertainment</b>                               | <b>Tommy Rull</b> | <b>12 pm</b>              |
| <b>Thurs, Aug 13</b>   | <b>Podiatry Appointments</b>                            |                   | <b>10 am – 12 pm</b>      |
| <b>Thurs, Aug 13</b>   | <b>Free Ice Cream Social!</b>                           |                   | <b>1pm</b>                |
| <b>Thank you Life Care of the North Shore!</b>   |   |                   |                           |
| <b>Fri, Aug 14</b>   | <b>Field Trip: John F. Kennedy Library &amp; Museum</b> | <b>\$2</b>        | <b>9 am – 2:00 pm</b>     |
| <b>Free museum entrance</b>  |   |                   |                           |
| <b>12:30 pm lunch on own @Sullivan's, Castle Island</b>                                  |   |                   |                           |
| <b>Mon, Aug 17</b>   | <b>Lunch Trip: Salem Willows</b>                        | <b>\$2</b>        | <b>11 am – 2pm</b>        |
| <b>Tues, Aug 18</b>  | <b>Foxwoods</b>   | <b>\$28</b>       | <b>6:30 am – 6:30 pm</b>  |
| <b>Bonus - full course buffet lunch or 15.00 food voucher</b>                            |   |                   |                           |
| <b>50/50 Raffle on bus with Bingo and a movie</b>  |   |                   |                           |
| <b>Handicap bus holds two wheelchairs- first come first serve</b>                        |   |                   |                           |
| <b>Age 21 years old and older may accompany</b>  |   |                   |                           |
| <b>Tues, Aug 18</b>  | <b>Lunch Trip: Tony C's Sports Bar &amp; Grill</b>      | <b>\$2</b>        | <b>10:30 am – 2:30 pm</b> |
| <b>(Somerville)</b>  |   |                   |                           |
| <b>Fri, Aug 21</b>   | <b>BROWN BAG: BOSTON FOOD BANK</b>                      |                   | <b>10 am – 12pm</b>       |
| <b>Weds, Aug 26</b>  | <b>Field Trip: Coastal Cruising Tour</b>                | <b>\$2</b>        | <b>9:30 am – 2pm</b>      |
| <b>Mystery tour of Cape Ann exploring the harbors via the Essex Coastal Scenic Byway</b> |   |                   |                           |
| <b>Stopping for lunch wherever we get lost!</b>  |   |                   |                           |
| <b>Thurs, Aug 27</b>   | <b>FRIENDS of Lynn Council on Aging Meeting</b>         |                   | <b>10 am</b>              |
| <b>Tues, Sept 1</b>  | <b>Lobster Cruise, Gloucester</b>                       | <b>\$50</b>       | <b>9:45 am – 3:30 pm</b>  |

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# AUGUST 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Cheeseburger Potato wedges Mixed veg. Calories-414 Sodium-561 ALTERNATIVE Cerdo asado(pork),potato Calories=407 Sodium=435</p>	<p>4 Roast turkey/gravy Mashed potato Salad/ dressing Calories-434 Sodium-659 ALTERNATIVE WG Macaroni &amp; cheese,salad Calories=457 Sodium=</p>	<p>5 Tortellini/ meat sauce California blend vegetable Calories-206 Sodium-313 ALTERNATIVE Arroz con pollo(chicken with rice) Calories=314 Sodium=250</p>	<p>6 Lemon pepper pork Brown rice/beans Salad Calories-440 Sodium-620 ALTERNATIVE Caribbean style beef,yucca Calories=566 Sodium=436</p>	<p>7 Rosemary chicken Red potatoes Peas Calories-308 Sodium-361 ALTERNATIVE Cheese lasagna/sauce Calories-274 Sodium-414</p>
<p>10 NE style cod/tartar sauce Sweet potato wedges Corn Calories-523 Sodium-500 ALTERNATIVE Jerk chicken,sweet potato Calories-364 Sodium-278</p>	<p>11 **Beef hot dog**/roll Baked beans Salad/ dressing Calories-522 Sodium-1331 ALTERNATIVE Latin pork,rice,salad Calories-462 Sodium-376</p>	<p>12 Roast turkey/mushroom sauce Mashed potato, mixed veg. Calories-286 Sodium-603 ALTERNATIVE Brazilian salmon,plantains Calories-398 Sodium-328</p>	<p>13 Chicken picatta Pasta Salad/dressing Calories-395 Sodium-698 ALTERNATIVE Baked ziti/mozzarella cheese Calories-281 Sodium-636</p>	<p>14 BBQ pork Rice and beans,spinach Calories-439 Sodium-615 ALTERNATIVE Cheese ravioli/sauce Calories-264 Sodium-682</p>
<p>17 WG Chicken nuggets/sauce Corn Capri blend veg. Calories-434 Sodium-548 ALTERNATIVE Arroz con camarones (shrimp) Calories-411 Sodium-491</p>	<p>18 Salmon/dill sauce Sweet potato Salad/ dressing Calories-385 Sodium-601 ALTERNATIVE Stewed beef,sweet potato Calories-630 Sodium-377</p>	<p>19 American chop suey Green peas Calories-393 Sodium-188 ALTERNATIVE Egg salad sandwich,3-bean salad Calories-524 Sodium-661</p>	<p>20 <u>SPECIAL</u> Chicken/pesto cream sauce Garlic mashed potato Salad/dressing Italian bread Cookie Calories-336 Sodium-636</p>	<p>21 Stuffed shells/tomato sauce, broccoli Calories-336 Sodium-636 ALTERNATIVE Arroz con carnitas(beef) Calories-404 Sodium-507</p>
<p>24 Boneless pork chops/gravy Garlic mashed potatoes Calories-310 Sodium-403 ALTERNATIVE Veggie burger,potato wedges Calories-463 Sodium-494</p>	<p>25 Chicken teriyaki Brown rice Stir fry veg. Calories-338 Sodium- 200 ALTERNATIVE WG Macaroni and cheese,salad</p>	<p>26 Turkey/creole sauce Red potato Green peas Calories-288 Sodium-582 ALTERNATIVE **3-bean chili,cheddar cheese** Calories-337 Sodium-705</p>	<p>27 Meatloaf/gravy Sweet potato Salad/ dressing Calories-404 Sodium-487 ALTERNATIVE Chicharon frito(pork) Calories-713 Sodium-431</p>	<p>28 Turkey Milanese Rice &amp; chick peas Carrots Calories-320 Sodium-611 ALTERNATIVE Cheese lasagna/sauce Calories-232 Sodium-469</p>
<p>31 Creole fish Rice and beans Spinach Calories-287 Sodium-382 ALTERNATIVE Egg and cheese sandwich Calories-400 Sodium-310</p>	<p>WELCOME TO OUR NEW MENU FORMAT!</p>	<p>CALORIES AND SODIUM ARE SHOWN FOR ENTREES AND SIDE DISHES. TOTAL CALORIES PER MEAL AVERAGES 700.</p>	<p>ENTREES MARKED WITH ** INDICATE HIGH SODIUM (MORE THAN 700mg.FOR ENTRÉE AND SIDE DISHES) OR MORE THAN 1300mg. FOR THE ENTIRE MEAL</p>	<p>SODIUM IN BREAD AVERAGES 150mg./SLICE SWEET DESSERTS AVERAGE 200mg./serving MILK=100mg.per 8 oz.</p>

# SENIOR CENTER ACTIVITIES • AUGUST 2015

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
SILSBEE STREET		SILSBEE STREET		SILSBEE STREET		SILSBEE STREET		SILSBEE STREET	
9:00 -12	Wii	9:00 -12	Wii	9:00 -12	Wii	9:00 -12	Wii	9:00 -12	Wii
10:45-12:30	LUNCHEON	9:15-10:45	POKENO	9:00 – 1:00	HAIR SALON	9:00-10:30	WATERCOLOR PAINTING	9:30-11:15	TRIVIA PURSUIT TEAM PLAY
12:00-1:00	MEN SPORT'S CLUB	10:00-11:30	OIL PAINTING	9:30-11:00	ARTS & CRAFTS	10:00-12:00	KIOSK (IN2L)	9:30-11:00	KNITTING & CONVERSATION
12:30-1:30	COMPUTER TUTORING (SPANISH)	10:00-12:00	KIOSK FOR LIVING WELL (IN2L)	9:30-10:30	BEGINNER'S TAP	10:00-11:00	T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00	FREE DANCE LESSONS
1:00-2:45	BINGO	10:45-12:30	LUNCHEON	10:45-12:30	LUNCHEON	10:30-12:00	ACRYLIC PAINTING	10:45-12:30	LUNCHEON
		12:30-1:30	ESL CLASS	11:30-12:15	EXERCISE CLASS	1:00-3:00	JAPANESE BUNKA EMBROIDERY	11:30-12:15	EXERCISE CLASS
		1:30-2:30	IMMIGRATION INFO	12:30 – 1:30	VIDEO EXERCISE (IN2L)	2:00-3:00	HORSE RACE GAME		
		12:30 – 1:30	VIDEO EXERCISE (IN2L)	1:00 – 3:00	MOVIE				
		12:30-2:30	CRIBBAGE	1:00-3:00	'PENNY ANTE' POKER				
		12:00-2:45	POKENO						
		1:30	BILLIARDS CLUB						
		2:00-3:00	GAMERS GROUP						

## OLYMPIA SQUARE APARTMENTS

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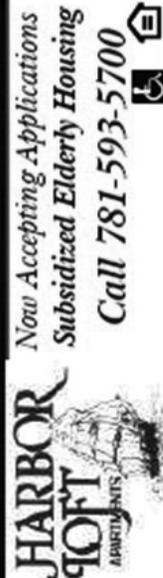
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**CASINO TRIPS**

Departs from Lynn Senior Center

Casino Trips from Revere

**Foxwoods \$28**

7 am - 6:30 pm

Tuesdays: Aug. 18, Oct. 13 & Nov. 10



**Sign up early!!**

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip.  
 Sign up in person at the senior center. OR  
 Mail in your registration and check.

*Bonus package:*

*\$10 food coupon for retail food vendors*

*or free buffet*

*Plus \$10 bonus slot play added to your rewards card on the bus before entering casino.*

*Remember to bring your rewards card!*

**Mohegan Sun \$27 plus tip**

10 am depart Revere 6:30pm depart casino

Aug. 4 & 18;  
 Sept. 1, 15 & 29;  
 Oct. 13 & 27;  
 Nov. 10 & 24;  
 Dec. 8 & 22

**Twin River \$27 plus tip**

10 am depart Revere  
 6:30pm depart casino



Aug. 13 & 27;  
 Sept. 10 & 24;  
 Oct. 8 & 22;  
 Nov. 5 & 19;  
 Dec. 3, 17 & 31

**Now Express!! Straight run - no stops!**

**Call Elaine at 781-289-6144  
 for reservation, questions, and  
 pick up location/parking.**

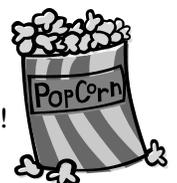
**MOVIES...every Wednesday @ 1:00 p.m.**

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

Aug 5 <sup>th</sup>	Dirty Dancing	PG-13	1987	105 mins
Aug 12 <sup>th</sup>	Mama Mia!	PG-13	2008	108 mins
Aug 19 <sup>th</sup>	The Wizard of Oz	G	1939	103 mins
Aug 26 <sup>th</sup>	Selma	PG-13	2014	128 mins



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 CLASS NOTICE

The Lynn Senior Center welcomes our new computer class instructor, Livan Adames. Classes are limited to 8 students with more one on one time for questions, practice and hands on applications. Classes are scheduled for **Wednesdays**. Each series is **five weeks** long and costs **\$60**. Pre-paid registrations hold your seat. Either sign up in person at the center or mail your check to: **LCOA, 8 Silsbee Street, Lynn, MA 01901.**

Expect a phone call confirming your registration.

**Questions?? Call Mayra 781-586-8546**

**-Slow paced learning geared to seniors**

**- Learn at your own pace**

**-Individualized attention to your level**

**-Offered in English and Spanish**



### COMPUTER CLASS DESCRIPTIONS:

**Introduction to Computers & Windows 7, Class #1** **11:00 a.m. – 12:00 p.m.**  
 This basic introductory course is for students with little or no experience. This course will introduce the beginner to the basics in keyboard, mouse and computer operations. The student will learn the basics of Windows 7 and its functionalities, basic Word Processing, Terminology and some basic Typing. During this class, we will assist you in setting up an e-mail account and will cover some basics of internet.

**Introduction to Computers & Windows 7, Class #2** **12:15 p.m. – 1:15 p.m.**  
 This basic introductory course is for students with little or no word processing experience. This course introduces the beginner to the concept of word processing using Microsoft Word 2010. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert and Print. This course is the progressive learning series that follows Class #1 in more depth including internet access.

**Next class: Sept 2, Sept 9, Sept 16, Sept 23 & Sept 30**

*Back by popular demand.....*



**TOMMY RULL**



**Tuesday, August 11<sup>th</sup>**

**Live Entertainment**

**12 pm**

**Sponsored by the Lynn Cultural Council and the FRIENDS of LCOA**

## The Kiosk for Living Well

**Meet the Experts!**

*Brenda the Million Hearts nurse can talk with you about your heart health and take your blood pressure on Tuesday August 11 and Thursday August 27 from 10:00-Noon. Come say hi! Sylvia, our Mobility and Falls Prevention Counselor will work with individuals or groups at the Kiosk on Thursday August 6 from 10-Noon.*

**Come to the Kiosk! It's open every Tuesday and Thursday from 10:00 – Noon. Supervised Kiosk exercise classes also take place every Tuesday and Wednesday from 12:30 to 1:30.**



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# Place Your Ad

## Wellness Watch August 2015



### ARTHRITIS FOUNDATION WALK WITH EASE PROGRAM NOW OFFERED IN LYNN

The Arthritis Foundation *Walk With Ease* Program will be offered starting in September. *Walk With Ease* is a structured walking program that teaches participants how to safely make physical activity part of their everyday life. The program is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a daily habit.

*Walk With Ease* is a structured walking program that offers support, information and tools to help participants develop successful exercise routines. Individuals can choose to do the program on their own with the help of a workbook or can join others in a six-week group series led by a certified leader. During the program, participants will learn proper stretching and pain management techniques, as well as build stamina and walking pace. The program can even be modified to meet the needs of individual participants so that each person can develop an exercise routine that fits their unique goals.

Research shows that walking is not only good for joints, but also helps improve the health of the heart, lungs and bones. Walking can also help manage weight which can reduce one's risk for arthritis in the knee, heart disease and diabetes. If you can be on your feet for 10 minutes without increased pain, you will most likely have success with *Walk With Ease*.

The information and strategies taught in the Arthritis Foundation *Walk With Ease* Program are based on research and tested programs in exercise science, behavior change and arthritis management. Updated and evaluated by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina, *Walk With Ease* is shown to increase balance, strength and walking pace, as well as reduce the pain and discomfort of arthritis. The program is also shown to build participant confidence to be physically active and improve overall health.

Pre-registration for the Arthritis Foundation *Walk With Ease* Program is necessary. For more information, contact **Kelsey Spotts at 781-586-8530**. Before starting any exercise program, always check with your physician.

**Kelsey Spotts**

**Greater Lynn Senior Services 781-586-8530**

**kspotts@glss.net**

# Summer

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

- |          |             |               |              |
|----------|-------------|---------------|--------------|
| ANTS     | FISHING     | JULY          | SUNBURN      |
| AUGUST   | FLIES       | JUNE          | SUNGLASSES   |
| BARBECUE | FLOWERS     | MOSQUITOES    | SUNSCREEN    |
| BASEBALL | GARDENING   | NO SCHOOL     | SUNSHINE     |
| BEACH    | GOLF        | PICNIC        | SUNTAN       |
| BEES     | GREEN GRASS | ROLLER BLADES | SWEAT        |
| BICYCLE  | HAT         | SANDALS       | SWIMMING     |
| BLUE SKY | HIKING      | SKATEBOARD    | U V RAYS     |
| BOATING  | HOLIDAYS    | SOCCER        | WASPS        |
| BREEZE   | HOT         | SOLSTICE      | WATER FIGHTS |
| CAMPING  | ICE CREAM   | SPRINKLERS    | WATERMELON   |

## Come join us for ICE CREAM SUNDAES!

Life Care of the North Shore is hosting our monthly ice cream social.

**Thursday, August 13<sup>th</sup> 1pm free!**

Life Care of the North Shore is a skilled nursing facility and rehabilitation center located at 111 Birch Street in Lynn.

Call 781-592-9667 for a tour- short term and long term respite available

## Tony Conigliaro, "Tony C", "Conig"

Born Anthony Richard Conigliaro January 7, 1947, Revere  
1962 graduate of St. Mary's High School, Lynn

Major league outfielder for the Boston Red Sox

During the 1967, "Impossible Dream" season, it was a Friday night game on August 18<sup>th</sup> against the California Angels at Fenway, Tony was batting against Jack Hamilton and was hit by a pitch on his left cheekbone. Tony had 20 homers, 65 RBIs, in just 95 games at this point. Though he made a comeback from the injury, his career was never the same. Since then the protective ear-flap on the batting helmet is a standard. Tony's last appearance at Fenway was June 12, 1975.

**Tony C's Bar and Grill Lunch Trip: Tuesday, August 18<sup>th</sup> 10:30 am - 2:30 pm**  
Assembly Row, Somerville Check out the nostalgic photos around the restaurant for some old Red Sox memories

Pop in a shop or have an ice cream at JP Licks

## LOBSTER CRUISE!

**Beaumont Princess, Gloucester**

**Tuesday September 1<sup>st</sup> \$50**

- **Bus leaves Senior Center promptly @ 9:45 am**
- **Tickets are not refundable unless transferred to another participant**
- **Limited seats- sign up early**
- **1<sup>st</sup> floor deck is handicapped accessible**
- **Deck hands available to help you with on the marina ramp may be an incline or decline depending on the tide**
- **Book your RIDE home from the center for 3:45 pm pick up**



## GLSS Congregate Meal Site

At East Baptist Church  
300 Western Avenue  
Will re-open Thursday, September 3<sup>rd</sup>  
11:30 am  
Reserve your meal at  
781.592.1764

**IN LOVING MEMORY**

In loving memory of my wife, Dr. Thelma Berger

~Dr. Harvey Berger

Thank you for your donation

~ Sophie Karampoulis

In loving memory of my brother, Arthur Warren

~sadly missed, Ethel Forse

Thank you for your donation

~Anonymous

Thank you for your donation

~Anonymous

In loving memory of, Barbara Rubbico

~Mary Lou and Kevin O'Connor



**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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Send card to: \_\_\_\_\_

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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

## MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS  
9:30 AM—11:30 AM

Capture the Pride!



# WELLNESS OFFERINGS

## BLOOD SUGAR & BLOOD PRESSURE

August 11th

8:00 am—9:30 am \*note time change\*

Nurse available for any health questions.



## PODIATRIST

August 13th & September 3rd



10:00 am—12:00 pm

Call for appointment. Bring Insurance Card

## HEARING CLINIC

August 4th



10:00 am—11:00 am

## 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

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