

# LYNN COUNCIL ON AGING SENIOR CENTER



**January  
2015**

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

## From the Director's Desk

With a fresh year ahead of us, now is the time to declare New Year's Resolutions. Did you know only 7% of people follow through? The reason is basic-their resolutions are too hard. A popular resolution is to lose weight...In the middle of the freezing winter? Learn from our forest friends, bulk up! Worry about that in the spring! A colleague of mine boasted she lost five pounds. I congratulated her and she said I looked like I lost some weight too and asked how much. My first thought in my head was who ever asks how much! So I answered in my unique way, "Well, so many times I have made New Year's resolutions and if you tabulate that total, I've lost approximately 9,000 pounds!

Here are three simple resolutions that are so easy you'll keep them.

1. *Breathe more deeply.* Fill your lungs with oxygen for your blood to nourish every part of your body. It's also calming, reduces stress and helps you cope. It's an effortless habit you can do a few times a day.
2. *Smile more frequently.* Smiling generates a host of health benefits. It lowers your heart rate, releasing endorphins into your brain that automatically put you in a better mood.
3. *Feel more gratitude.* Gratitude makes challenges easier to bear. No matter how many problems you're encountering, there is always something for which you can be grateful. Focusing on those positives gives you strength and resilience. The easiest way to feel more gratitude is to say "thank you" more often. Happy New Year!

~Stacey Minchello~

## From Your Mayor

Happy New Year. I wish you all the best in 2015, and hope it is filled with much health and happiness.

It should be another exciting year of events at the Lynn Auditorium, with upcoming performances by Celtic Woman, Brit Floyd, the State Ballet Theatre of Russia, Wild Kratts and many more. Led Zeppelin tribute band Get the Led Out will kick off this year's performances on Jan. 16. Stay tuned for more information, or visit [www.lynnauditorium.com](http://www.lynnauditorium.com).

This year's 29<sup>th</sup> annual Martin Luther King Jr. celebration breakfast, sponsored by the Community Minority Cultural Center (CMCC), will feature speeches from various community leaders as well as music, poetry and essays from young people who participate in several Lynn organizations.

Congratulations and best of luck to our neighbor Charlie Baker, a Swampscott resident, who begins his first term as governor of Massachusetts this month.

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. Snow emergency information will be broadcast on the radio and local cable networks: WESX AM 1230, WBQQ 104.9 FM, Comcast Channel 3, Verizon Channels 28 and 37 and the City of Lynn website.

Best wishes for the coming year,  
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

**Albert DiVirgilio** President  
**Arthur Akers** Clerk  
**Edmund Brown**  
**Frank LaMacchia**  
**Lester McCLain**  
**Charles Mitchell**  
**Frances Taggart**  
**Pearl Brown**  
**Marlene Vasi Eddy**  
**Minette Lall**

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

## FRIENDS of LCOA Executive Board

**Joan B. Noble** President  
**Linda Rosendahl** Vice-President  
**Deb Small** Treasurer  
**Cindy LeBlanc** Recording Secretary  
**Virginia Calef** Membership Secretary

Meets last  
Thursday  
monthly at 10 am

## It's tax time!

Tax Appointments

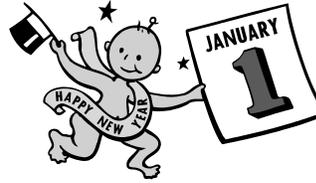
Sponsored by **AARP**

*February 9th– April 13th*

Partnered with AARP, the Lynn Senior Center offers free tax appointments to all registered seniors the Lynn Council on Aging Senior Center. Appointments are 1 hour long on Mondays, 9 am – 12 pm, starting February 9<sup>th</sup> and ending April 13<sup>th</sup>. Please be advised that there are three tax advisors so three seniors will have the same appointment time. *Please call Mayra at 781-586-8546 to reserve an appointment.* Expect a questionnaire in the mail that you are to fill out and bring in with you on the date of your appointment. No preparations will be completed without this intake form.

*Appointments are first come first serve and do fill up.*

## JANUARY HAPPENINGS



Trip sign-ups begin, Weds, Dec 31st

<b>Thurs, Jan 1</b>	<b>Happy New Year</b>	<b>Center is closed</b>
Tues, Jan 6	Birthday Karaoke with Holiday sing a longs!	11:30 a.m. – 1:00 p.m.
Weds, Jan 7	<b>FOOD STAMPS</b> <b>OFFICE HOURS</b>	9:00 a.m. – 12:00 p.m.
<b>Weds, Jan 7</b>	<b>Lunch Trip: Friendly's Saugus \$2</b>	<b>10:30 am – 1:30 pm</b>
Tues, Jan 13	<b>Blood Sugar <u>AND</u> Blood Pressure Clinic</b>	8:00 a.m. – 9:30 a.m.
<b>Tues, Jan 13</b>	<b>Shopping Trip: Wal Mart, Saugus/</b> <b>Lunch MacDonald's \$2</b>	<b>9:30 am – 2pm</b>
<b>Weds, Jan 14</b>	<b>Free electronic clinic</b> <b>Bring your tablet or cell phone and</b> <b>get assistance from a Fecteau Leary student</b>	<b>12:30 pm – 1:30 pm</b>
Thurs, Jan 15	FREE! Dance lessons with Stasi--- new time!	1:30 pm
<b>Fri, Jan 16</b>	<b>BROWN BAG: BOSTON FOOD BANK</b>	<b>10:00 a.m. – 12:00 p.m.</b>
<b>Mon, Jan 19</b>	<b>Martin Luther King Day</b>	<b>Center is closed</b>
<b>Thurs, Jan 22</b>	<b>Lunch Trip: Lynn Tech Tiger's Den \$2</b>	<b>11 am – 1:30 pm</b>
<b>Mon, Jan 26</b>	<b>Women's Group Meeting</b>	<b>10 am – 11 am</b>
<b>Thurs, Jan 29</b>	<b>FRIENDS of Lynn Council on Aging Meeting</b>	<b>10 am</b>

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# JANUARY 2015

MONDAY	Tuesday	Wednesday	Thursday	Friday
Requested Donation is \$2.00 per meal ..... ALL MEALS SERVED W/ BREAD AND 1% MILK	MENU SUBJECT  TO CHANGE  WITHOUT NOTICE		1  HAPPY  NEW YEAR!	2  Salmon/dill sauce Yellow Rice Cauliflower/red pepper WW bread Fresh fruit ALTERNATIVE WW cheese pizza
5 Pot roast/gravy Seasoned potato wedges Italian blend veg. Italian bread Pudding ALTERNATIVE Veggie burger/potato wedges	6 Roast turkey/gravy Mashed sweet potato Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Macaroni and cheese	7 American chop suey Broccoli Snack loaf Fresh fruit ALTERNATIVE Arroz con pollo(chicken)	8 Lemon pepper pork Black eyed peas and rice Spinach salad/dressing WW bread Fresh fruit ALTERNATIVE Caribbean style beef,yuca	9 WINTER SPECIAL Herb roasted chicken Wild rice Rye bread Capri blend veg. Chocolate chip cookie
12 Crispy baked fish Sweet potato wedges Italian blend veg. WW bread Pudding ALTERNATIVE Black bean burger/roll	13 Shepherd's pie Caesar salad/dressing WW roll Fresh fruit ALTERNATIVE Latin pork,potato	14 Roast turkey/gravy Veg. rice pilaf California blend veg. WW bread Cookie ALTERNATIVE Southern baked fish	15 Chicken piccata Pasta Garden salad/dressing Italian bread Fresh fruit ALTERNATIVE WW baked pasta	16 BBQ pork Rice and beans Spinach WW bread Fresh fruit ALTERNATIVE WW cheese pizza
19  HOLIDAY	20 Southern style cod Mashed sweet potato Spinach salad/dressing WW bread Fresh fruit ALTERNATIVE Stewed beef/	21 Pasta/meatballs/sauce Cauliflower WW bread Pudding ALTERNATIVE Cumin roasted pork	22 Turkey chili White rice Caesar salad/dressing WW bread Cookie ALTERNATIVE Arroz con carnitas(beef)	23 Stuffed shells/ Tomato sauce Broccoli Rye bread Fresh fruit ALTERNATIVE Braised chicken
26 Boneless pork chops Garlic mashed potato Collard greens Muffin Fruit cocktail ALTERNATIVE Frango asado(chicken)	27 Chicken teriyaki Brown rice Stir fry vegetables WW bread Fresh fruit ALTERNATIVE Macaroni and cheese, salad	28 Salmon/dill sauce Red potato Green peas Italian bread Cake ALTERNATIVE Turkey/creole sauce	29 Meatloaf/gravy Mashed sweet potato- Spinach salad WW bread Pudding ALTERNATIVE Chicharon frito(pork)	30 Turkey Milanese Veg. rice pilaf Carrots Rye bread Fresh fruit ALTERNATIVE WW cheese pizza

# SENIOR CENTER ACTIVITIES • JANUARY 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	COMPUTER CLASS #1
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	1:30-2:30	FREE DANCE LESSONS	11:15-12:15	COMPUTER CLASS #2
		1:30-2:30	IMMIGRATION INFO	12:30 – 1:30	VIDEO EXERCISE (IN2L)	1:00-3:00	JAPANESE BUNKA EMBROIDERY	11:30-12:15	EXERCISE CLASS
		12:30 – 1:30	VIDEO EXERCISE (IN2L)	1:00 – 3:00	MOVIE	2:00-3:00	HORSE RACE GAME	1:00-2:45	BINGO
		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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**CASINO TRIPS**

Departs from Lynn  
 Senior Center

**Foxwoods \$27**

7 am - 6:30 pm

Tuesdays: April 14, May 12,  
 June 9, Aug. 11, 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!*

Casino Trips from Revere

**Mohegan Sun \$27 plus tip**

10 am depart Revere 6:30pm depart casino

Jan 6 & 20, Feb 3 & 17,  
 Mar 3 & 17,  
 Apr 14 & 28,  
 May 12 & 26, Jun 9 & 23



**Twin River \$27 plus tip**

10 am depart Revere 6:30pm depart casino

Jan 15 & 29,  
 Feb 12 & 26,  
 Mar 12 & 26,  
 Apr 9 & 23,  
 May 7 & 21, Jun 11 & 25



Casino Trips from **REVERE!**

**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  
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Jan 7th	An Affair to Remember	NR	1957	114 mins
Jan 14th	Heart of the Country	PG	2013	90 mins
Jan 21st	The Blind Side	PG-13	2009	126 mins
Jan 28th	Rudy	PG	1993	114 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

We regret to inform you that we are actively recruiting new computer instructors and will keep you posted as to when the next round of classes will start.

## FREE WORKSHOP

### GLSS OFFERS FREE WORKSHOP FOR ALL ADULT CANCER SURVIVORS

Greater Lynn Senior Services (GLSS) is offering a free, evidence-based workshop for cancer survivors and their caregivers called Cancer: Thriving and Surviving. The workshop will be held at GLSS' offices located at 8 Silsbee Street on Wednesdays from January 7 through February 11 from 10:00 a.m. –12:30 p.m. **For more information or to register please contact Kelsey Spotts, 781-586-8530.**

In just 6 weekly meetings, this workshop is proven to help Cancer survivors live more active, fulfilling lives. The classes are small and supportive which helps encourage new friendships with people who understand how you feel. The environment allows for participants to share what they know and learn from others who are living with similar challenges.

## The Kiosk for Living Well

How to Jumpstart the New Year!

January is a surprisingly busy time catching up with the things we put aside for the holidays and so *The Kiosk for Living Well* invites you to have some fun while you set your 2015 priorities! Specialists are available to explore multiple aspects of health and wellness whether it's looking for ways to reduce your blood pressure, strengthening your mobility, or stretching your brain with some easy or hard (!) cognitive games.

**Meet with the Million Hearts nurse on Tuesday January 13 and Thursday January 22 between 9:30-11:30. Or meet with our MoveSafe Mobility and Balance expert on Thursday, Jan. 8 between 10:00 and Noon.**

*The Kiosk for Living Well is open to everyone every Tuesday and Thursday from 10:00 to Noon. Supervised Kiosk exercise classes also take place on Tuesdays and Wednesdays from 12:30 to 1:30.*



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## Wellness Watch January 2015

As we welcome in the New Year it is also time of snow and ice. It's a time that calls for extra caution, but we can't let fear of the cold keep us inside the whole winter. Here are some tips that will help you stay active and healthy this winter.

### 1. Keep up your strength

Find somewhere to exercise. Often people use the excuse in the winter that it is too cold outside to do anything. However, it can have an extremely negative effect to be sitting all the time. There are plenty of options to keep up your strength and endurance through the winter.

- Find a mall and walk around, they usually open early before it gets crowded. This can be a great place to continue your walking routine while the snow is covering the ground.
- Find a local gym or senior center for exercise classes.
- Buy light weights (or use house hold items) and follow an exercise plan in your home.
- Watch and follow an exercise DVD or on the television.
- Find an indoor pool to swim in.

There are many options for everyone, its best to find what works for your schedule and what you enjoy doing. Having an activity that you enjoy will help keep your mood up during the darker months.

### 2. Have caution with falling

It is hard to avoid falls all together because accidents do happen. However, it is best to be cautious and to avoid situations that may be at a higher risk. Using salt on your sidewalks and walkways could help prevent slipping on ice. It is also important to make sure you have proper footwear with good tread on the bottom. If your doctor or therapist has prescribed an assistive device such as a walker or a cane that can be vital in preventing a fall when out in the snow. If there is a snowstorm in the forecast it is best to be prepared ahead of time so that you don't need to go out to the store.

### 3. Fight the bug

Winter time is common for the flu and different sicknesses going around. It is important to stay healthy and avoid being sick as it can often lead to more serious illnesses. Wash your hands often and talk to your doctor about vaccinations. A balanced diet and exercise can also help avoid getting sick this winter. Stay warm by bundling up outside and pay attention to how long you are exposed to the cold.

**Kelsey Spotts**  
**Healthy Living Program Community Coordinator**

# Happy New Year!

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 S R E Z I T E P P A Y F R I E N D S

APPETIZERS  
 BABIES  
 BALLOONS  
 BANNERS  
 BUFFET  
 CELEBRATE  
 CHAMPAGNE  
 CONFETTI  
 DANCE  
 DAY ONE

DECORATIONS  
 END OF DECEMBER  
 EVENTS  
 FAMILY  
 FATHER TIME  
 FEAST  
 FESTIVITIES  
 FIREWORKS  
 FIRST OF JANUARY  
 FRIENDS

HATS  
 HOLIDAY  
 HORNS  
 KISS  
 MIDNIGHT  
 MUSIC  
 NEW YEARS DAY  
 NEW YEARS EVE  
 NOISEMAKERS  
 OCCASION

PARADES  
 PARTY  
 PUNCH  
 RESOLUTIONS  
 SINGING  
 STREAMERS  
 THIRTY FIRST  
 TIARAS  
 WINE  
 YEAR IN REVIEW

## **A New Year Prayer For the Elderly**

God, grant me the senility to forget the people I never liked anyway,  
The good fortune to run into the ones that I do,  
And the eyesight to tell the difference.

## **Senior Tax Credit Work Program**

City of Lynn Homeowners or spouses, over the age of 60 who have resided in Lynn for a minimum of 5 years and are income eligible (\$48,000 single, \$72,000) may apply for tax credit hours up to a maximum of \$600 per year. Applications are available at Lynn City Hall and the Lynn Senior Center. Deadline is January 31, 2015. (Copy of ID and most recent income tax return necessary.) Workers currently enrolled must reapply. This is a work off program where you work at approved city sites to reduce your tax bill. This is not an abatement simply based on age and income.

Questions? Call Stacey 781-586-8503

## **Massachusetts Veterans to Washington D.C.**

Greater Lynn Senior Services and the Lynn Council on Aging have joined forces with local Veteran Service Offices and are planning a journey to Washington D.C. . The trip is planned for September 2015. We will travel by luxury coach tour bus spending four days and three nights with an itinerary that includes visiting the White House, the Capitol, and the Arlington National Cemetery and a few War Memorials. The specific travel dates, cost, and itinerary will be confirmed soon and released publicly. WWII Veterans take priority on the passenger roster. Stay tuned for more information. If you are interested in donating to help assist Veterans on this journey, or specifically sponsor a veteran, please call Maureen Teal, project manager at 781-599-0110. If you are a veteran interested in joining us on the trip, call Mayra at 781-586-8546.

**IN LOVING MEMORY**

In loving memory of my wife, Dr. Thelma Berger

~Dr. Harvey Berger

Thank you for your donation

~Sophie Karampoulis

Thank you for your donation

~Rosemary Gambale

In appreciation of Janet Dembowski,  
Resident Service Coordinator, Ocean Shores

~Kiki and Inky Chaiton

In memory of my friend, Norman Goguen

~Richard Smith

In memory of my friend, Norman Goguen

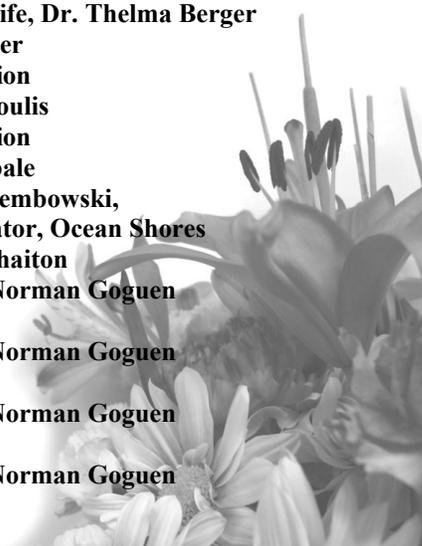
~Jim Price

In memory of my friend, Norman Goguen

~Virginia Calef

In memory of my friend, Norman Goguen

~Joan Noble



**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 \$ \_\_\_\_\_

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## SOPHIE'S SALON

WEDNESDAYS  
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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

January 13th

8:00 am—9:30 am \*note time change\*

Nurse available for any health questions.



## PODIATRIST

January 15th, February 5th & 26th

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

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