

LYNN COUNCIL ON AGING SENIOR CENTER



**November
2015**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

To all those who serve now, have served and ultimately sacrificed their lives for the democracy of our country....we honor you on Veterans Day.

We recently returned from a trip to Washington D.C. having the honor of escorting a group of WWII and Korean Veterans.

I believe, I now have a renewed respect and inspiration for honoring our Veterans. We experienced the WWII monument, the Tomb of the Unknown Soldier at the Arlington National Cemetery, the Korean War Memorial, and the Vietnam Wall.

We toured the Capitol Building and had dinner in Arlington, VA at the Knights of Columbus. Our Veterans dined with Generals and received challenge coins and an honor flag that was flown over the Capitol Building.

We are forever grateful to all our sponsors, but particularly thankful to Joe Gould and the General Electric of Lynn and Washington DC who were significant key players in facilitating all these special activities.

A very special thanks to Maureen Teal who was the Project Manager on this great adventure from the beginning and her husband, Teddy who drove the van beside us all the way! Kudos to Heather Hansen, RN for all her assistance throughout the trip including her additional unexpected duties!

Stop in for our Omelet Breakfast on Nov 5th at 8am and visit with some of the Veterans who travelled on this trip and share some great stories. Also meet Tom Moran who will be hosting Veterans Coffee Hours at our center on the first Thursday of every month at 1pm in the Resource room. This will start December 3rd. Tom works for Compassionate Care as a Veterans Liaison and was a 1st Sargeant Army and Army National Guard. Let's give Tom a grand welcoming!

~Stacey Minchello

From Your Mayor

What a beautiful start to the fall we have had. I hope you have had a chance to enjoy both the weather and the foliage. It really has been spectacular this year.

While it is a very busy time of year for all of us with the holidays approaching, I urge you to take advantage of some of the upcoming events taking place throughout the city.

We have a full lineup of performances at the Lynn Memorial Auditorium, starting with the Steve Miller Band on Nov. 5. The Price is Right Live! will entertain audience members on Nov. 6. Mexican Grammy nominated singer Paquita la del Barrio will perform on Nov. 13, followed by Boz Scaggs on Nov. 14 and Steve Hackett on Nov. 19. For all show times, ticket prices and to purchase tickets, visit the Auditorium Box Office at 3 City Hall Square or call the ticket booth at 781-581-2971.

Also this month, the Lynn Museum will host a fundraiser on Nov. 14 at 7 p.m. The event – "Paint It Black: The British Invasion Blast!" – will benefit both the museum and LynnArts.

To celebrate Veterans Day and to honor all who have served, we will be hosting a ceremony in the Lynn Auditorium on Nov. 11 at 11 a.m. All are welcome to attend. Please Contact the Lynn Department of Veterans Services at 781-598-4000 with any questions.

Best wishes for a happy, healthy and blessed Thanksgiving with friends and family.
Mayor Judith Flanagan Kennedy

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

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
 A Division of
 ABBOTT HOUSE
 and THE SWAMSCOTT WING, Lynn
 www.banecare.com • 866-747-BANE

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
 Edmund Brown
 Frank LaMacchia
 Lester McCLain
 Charles Mitchell
 Frances Taggart
 Pearl Brown
 Marlene Vasi Eddy
 Minette Lall

Meets 4th Wednesday monthly at 11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble President
 Marie Pelligrini Vice President
 Deb Small Treasurer
 Cindy LeBlanc Recording Secretary
 Roberta Abrams Membership Secretary

Meets last Thursday of the month quarterly

ANNUAL PULL A POP!!

Thursday, NOVEMBER 19th

12 noon

\$1 per chance

Pull a pop, if stem is colored- win a gift card!

~Sponsored by the FRIENDS of the Lynn Council on Aging

ALL Proceeds benefit the Lynn Senior Center!!

Donors and businesses will be listed in the December newsletter.



NOVEMBER HAPPENINGS

Trip sign-ups begin, Mon, Oct 26th

- Tues, Nov 3 Remember to Vote!
- Thurs, Nov 3 Holiday Photo Shoot 9:30 am
- Thurs, Nov 3 Podiatry Appointments 10 am – 12 pm**
- Thurs, Nov 5 OMELET BREAKFAST \$3 8 am – 9 am
- Thurs, Nov 5 Birthday Karaoke 11:30 am - 1:00 pm
- Tues, Nov 10 **Blood Sugar AND Blood Pressure Clinic 8 am – 9:30 am**
- Thurs, Nov 12 Ice Cream Social! 1 pm**
 - Apple Pie and Ice cream \$.25
- Mon, Nov 16 Field Trip: MBTA 9:00 am – 2:00 pm**
 - Sr IDs, Boston & lunch at Wendy's
- Tues, Nov 17 Foxwoods \$28 6:30 am - 6:30 pm*

Bonus - full course buffet lunch or 15.00 food voucher

Pot of Gold Raffle on bus with Bingo and a movie

Handicap bus holds two wheelchairs- first come first serve

Age 21 years old and older may accompany

Thurs, Nov 19 Pull a Pop Fundraiser 12 noon

Pull a card! lollipop with a colored stem and win a gift

Fri, Nov 20 BANK sponsored



BROWN BAG: BOSTON
10 am – 12pm

Volunteer Driver Position Open:

If you're looking for something fun to do, want to get out and about? Spend some time with us? Are you friendly and like to socialize?

The Lynn Council on Aging Senior Center is currently seeking a volunteer driver to drive a ten to twelve passenger bus of seniors to local activities. Must have a current driver's license, clean driving record, and positive CORI. This position entails a free safety training course, orientation, training and free lunch! Call Pam @ 781-586-8618 for an interview.

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

R & R American
AUTOMOTIVE DIAGNOSTIC CONSULTANT

Specializing in Electronic Tune-ups
visit our website: www.ramerican.com
109 Lynnfield Street • Lynn, Massachusetts 01904

(781) 595-9415 • Fax (781) 599-6994

An Affordable Assisted Living Senior Residence

Call Us For Information

(978) 927-2121

1 Moorsman Square
Beverly, MA 01915

Available Ad Space Just for You!

NOVEMBER 2015

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| <p>2</p> <p>Homestyle baked fish Sweet potato Italian veg Calories-362 Sodium-552 ALTERNATIVE</p> <p>Egg & cheese sandwich Calories-312 Sodium-570</p> | <p>3</p> <p>Beef bourguignon White rice Soup Calories-504 Sodium-200 ALTERNATIVE</p> <p>Latin pork, white rice, soup Calories -420 Sodium-200</p> | <p>4</p> <p>Roast turkey, mushroom sauce Mashed potato Cal. blend veg. Calories- 286 Sodium-603 ALTERNATIVE</p> <p>Brazilian salmon, plantains Calories-465 Sodium-267</p> | <p>5</p> <p>Chicken piccata Pasta Soup Calories-384 Sodium-641 ALTERNATIVE</p> <p>WG baked pasta/soup Calories-300 Sodium-520</p> | <p>6</p> <p>BBQ pulled pork Rice and beans Spinach Calories- 493 Sodium-610 ALTERNATIVE</p> <p>Sancocho(chicken stew) Calories-491 Sodium-525</p> |
| <p>9</p> <p>Chicken and broccoli alfredo</p> <p>Pasta Capri blend veg. Calories-478 Sodium-674 ALTERNATIVE</p> <p>*Eggplant parmesan*,pasta Calories-532 Sodium-732</p> | <p>10</p> <p>Salmon/dill sauce Mashed sweet potato Soup Calories- 300 Sodium-450 ALTERNATIVE</p> <p>Stewed beef, sweet potato, soup Calories-460 Sodium-580</p> | <p>11</p> <p>HOLIDAY</p> <p>NO MEAL SERVICE</p> | <p>12</p> <p>Sloppy Joe/bun Potato wedges Soup Calories- 500 Sodium- 520 ALTERNATIVE</p> <p>Cumin roasted pork,soup Calories-550 Sodium-400</p> | <p>13</p> <p>Stuffed shells/tomato sauce,broccoli Calories-295 Sodium-494 ALTERNATIVE</p> <p>Braised chicken,broccoli Calories-645 Sodium-316</p> |
| <p>16</p> <p>Pork chops/gravy Sweet potato Collard greens Calories-457 Sodium-200 ALTERNATIVE</p> <p>Veggie burger,potato wedges Calories-300 Sodium-380</p> | <p>17</p> <p>Chicken teriyaki Brown rice Stir fry vegeta- bles Calories- 545 Sodium- 264 ALTERNATIVE</p> <p>WG Macaroni & cheese,soup Calories-313 Sodium-656</p> | <p>18</p> <p>Baked white fish/tartar sauce Red potatoes Green peas Calories- 468 Sodium-456 ALTERNATIVE</p> <p>Chicharon frito(pork) Calories-615 Sodium-150</p> | <p>19</p> <p><u>THANKSGIVING SPECIAL</u> Turkey/gravy Mashed potato Butternut squash Dinner roll Pie Calories-445 Sodium-526</p> | <p>20</p> <p>Beef stew Carrots Calories- 609 Sodium-202 ALTERNATIVE</p> <p>Southern fried chicken Calories-570 Sodium-488</p> |
| <p>23</p> <p>Cheese lasagna/tomato sauce,spinach Calories-235 Sodium-495 ALTERNATIVE</p> <p>Creole fish,rice & beans Calories-340 Sodium-377</p> | <p>24</p> <p>Latin pork/gravy Plantains Soup Calories-500 Sodium- 220 ALTERNATIVE</p> <p>Baked tomato chili chicken,soup Calories-400 Sodium-480</p> | <p>25</p> <p>BBQ chicken Candied yams Broccoli Calories- 378 Sodium-596 ALTERNATIVE</p> <p>Curried beef,sweet potato Calories-476 Sodium-123</p> | <p>26</p> <p>HOLIDAY</p> <p>NO MEAL SERVICE</p> | <p>27</p> <p>Meatloaf/gravy Brown rice/beans Peas Calories-571 Sodium-642 ALTERNATIVE</p> <p>Cheese tortellini/sauce Calories- 240 Sodium-172</p> |
| <p>30</p> <p>Roast turkey florentine Crispy potatoes Mixed veg. Calories-286 Sodium-670 ALTERNATIVE</p> <p>Arroz con carnitas(beef) Calories-581 Sodium-196</p> |  | <p>CALORIES AND SODIUM ARE SHOWN FOR ENTREES AND SIDE DISHES.</p> <p>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</p> <p>SWEET DESSERTS AVERAGE 200mg./serving MILK=100mg.per 8 oz.</p> |

SENIOR CENTER ACTIVITIES • NOVEMBER 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 | 10:45-12:30 LUNCHEON | 10:45-12:30 LUNCHEON |
| | 12:30-1:30 ESL CLASS | 11:30-12:15 EXERCISE CLASS | 10:30-12:00 ACRYLIC PAINTING | 11:30-12:15 EXERCISE CLASS |
| | 1:30-2:30 IMMIGRATION INFO | 12:30 – 1:30 VIDEO EXERCISE (IN2L) | 12:30-2:30 JAPANESE BUNKA EMBROIDERY | 1:00-2:45 BINGO |
| | 12:30 – 1:30 VIDEO EXERCISE (IN2L) | 1:00 – 3:00 MOVIE | 2:00-3:00 HORSE RACE GAME | |
| | 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

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** 



Skilled Nursing
Short-Term Rehabilitation
Sub-Acute Care | Respite Care

Life Care Center
of the North Shore
Joint Commission accredited

Distinctly Different
781-592-9667
111 Birch St.
Lynn, MA 01902
LCCA.com

96896

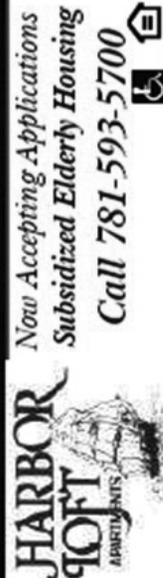
Hatch Hearing Aid Center
 "You Should Hear
 What You're Missing"
 152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901
 781.599.1902 • 1.888.HEARITE (432.7483)




**YOUR
 AD
 HERE

 CALL
 TODAY**

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



CASINO TRIPS

Departs from Lynn Senior Center

Casino Trips from Revere

Foxwoods \$28

7 am - 6:30 pm

Tuesdays: Nov. 17

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!*

**Tanger Outlets at Foxwoods
 Now Open!!**



Mohegan Sun \$27 plus tip

10 am depart Revere 6:30pm depart casino

Nov. 10 & 24;
 Dec. 8 & 22

Twin River \$27 plus tip

10 am depart Revere
 6:30pm depart casino

Nov. 5 & 19;
 Dec. 3, 17 & 31



Now Express!! Straight run - no stops!

Call Ida at 781-289-1854 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**

| | | | | |
|----------------------|----------------|------------------|-------|----------|
| Nov 4 th | Black or White | 2014 | PG-13 | 121 mins |
| Nov 11 th | No Movie | Center is closed | | |
| Nov 18 th | Still Alice | 2014 | PG-13 | 101 mins |
| Nov 25 th | Home | 2015 | PG | 94 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.



Senior Citizen Property Tax Work-Off Abatement

Applicants for the Senior Citizen Property Tax Work- Off Abatement must be 60 years of age as of July 1st and a homeowner or spouse of a homeowner in the City of Lynn for a minimum of 5 years. Income eligibility is based on the state Circuit Breaker guidelines: below \$56,000 for single homeowner; \$84,000 for couple. Copy of income tax return and a picture ID is required with application. If no tax return filed, applicant must submit an IRS Form 4506-T for verification of non-filing. City employees (individuals on the municipal payroll, full or part time) and their immediate family are not eligible for this program. C.O.R.I check, Privacy Statement, and Confidentiality Agreement required. Applications are available online at www.ci.lynn.ma.us and at the senior center and must be filed at the Mayor's Office no later than January 31st of the fiscal year to participate in the program. Maximum annual abatement of property taxes shall not exceed \$600 for 66.66 hours. Program begins December 1 and ends November 30 or once the applicant earns gross wages of \$600. Abatement is applied to the first tax bill of the following year. Applicants must apply and be subject to the lottery process annually for participation in the program. Questions? Call Pam at 781-586-8618.

Happy Veterans Day!

- **Thurs, Nov 5th Omelet Breakfast \$3 (Veterans free)**
8am – 9am
- Veterans Coffee Hour with Tom Moran every 1st Thursday
1 pm – 2 pm
- **Apple Pie & Ice Cream, Nov 12th - sponsored by**
Life Care of the North Shore and
the FRIENDS of LCOA

The Kiosk for Living Well

Your Pre-holiday Health Check at The Kiosk for Living Well

Get a jump on your holiday health by visiting *The Kiosk for Living Well* and meeting with Brenda the Million Hearts nurse or Yasmel and Johanna our Community Health Workers who can discuss your health needs and measure your blood pressure. They will be at the Kiosk on Tuesday November 10th from 9:30-11:30. **You can also check your balance and improve your mobility** by meeting with our Falls Prevention specialist Sylvia on Thursday November 5th from 9:00-11:30. As always, if you want to come for exercise or just conversation or large touchscreen games and virtual travel opportunities Sandra, Mayra and Cheryl will make your morning even more fun.

The Kiosk is 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.



Best Home Care
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 November 2015

Thanksgiving is right around the corner, which means lots of food and time with friends and family. Food is a very social experience, but as a nation we need to make better choices with what we eat. Healthy recipes can be easy and taste great! This month I wanted to share with you two new recipes to try this season.

Roasted Chicken with Potatoes and Butternut Squash

Ingredients

2 tablespoons minced garlic, divided
 1 teaspoon salt, divided
 Click to see savings
 3/4 teaspoon freshly ground black pepper, divided
 1/2 teaspoon dried rubbed sage
 1 (3 1/2-pound) roasting chicken
 Click to see savings
 Click to see savings
 12 ounces red potatoes cut into wedges
 1 1/2 cups cubed peeled butternut squash (about 8 ounces)
 Click to see savings
 2 tablespoons butter, melted



Instructions

1. Preheat oven to 400°.
2. Combine 1 1/2 tablespoons garlic, 1/2 teaspoon salt, 1/2 teaspoon pepper, and sage in a small bowl. Remove and discard giblets and neck from chicken. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Lift wing tips up and over back; tuck under chicken. Rub garlic mixture under loosened skin. Place chicken, breast side up, on rack of a broiler pan coated with cooking spray. Place rack in broiler pan.
3. Combine potatoes, squash, butter, 1 1/2 teaspoons garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Arrange vegetable mixture around chicken. Bake at 400° for 1 hour or until a thermometer inserted into meaty part of thigh registers 165°. Let stand 10 minutes. Discard skin.

No Bake Pumpkin Oatmeal Cookies

Ingredients

3/4 cup quick oats
 1/2 cup oat flour (or make your own by blending oats in a food processor until they become powder. Measure after blending.)
 1/4 tsp salt
 1/4 tsp baking soda
 1/4 cup sugar
 1/4 tsp cinnamon
 1/3 cup canned pumpkin (or sweet potato puree)
 2 to 2 1/2 tablespoons milk of choice, as needed
 1 tablespoon oil
 1/2 tsp pure vanilla extract
 Optional: a pinch pumpkin pie spice and/or handful mini chocolate chips



Instructions

No Bake Pumpkin Cookies Recipe: Combine all dry ingredients and stir very well. In a separate bowl, combine all liquid (including pumpkin). Then stir to combine, and form into balls or cookies. Or put in the fridge to firm up a little before forming cookies.

Kelsey Spotts - Healthy Living Program Community Coordinator

Thanksgiving

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

ANNUAL
 AUTUMN
 CELEBRATION
 CORN
 CRANBERRY
 FAMILY
 FEAST
 FESTIVAL
 FOOD
 FOOTBALL
 FRIENDS
 GATHERING

GRAVY
 HARVEST
 HOLIDAY
 LONG WEEKEND
 MASHED POTATOES
 MEAL
 NOVEMBER
 PARADE
 PILGRIMS
 PLYMOUTH
 PUMPKIN PIE

RELATIVES
 REUNION
 SQUASH
 STUFFING
 SWEET POTATO
 THURSDAY
 TRADITION
 TRAVEL
 TURKEY
 WAMPANOAG
 YAMS



COMPUTER CLASS NOTICE

*** Computer classes will resume March 2nd after the snow season. ***

MARK YOUR CALENDARS!!!



ANNUAL HOLIDAY PARTY

Happy Hanukkah! Merry Christmas! Happy Kwanza!

WEDS, DECEMBER 9th, 2015

Tickets \$5

Entertainment by Jim Moses Catered by Affairs Catering

Purchase your ticket in person on Monday, November 16th

Starting at 9 am

Registered participants only, limited seating. First come- First Serve.

This event is generously sponsored by the FRIENDS of Lynn Council on Aging

Thank you!!

A tribute of thanks and appreciation for Jim Barton for your dedication in capturing our memories and providing us a photo service; looking forward to the end of the year presentation!

Medicare's Open Enrollment

Medicare's Open Enrollment is October 15 – December 7. Make an appointment with a SHINE counselor now!

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **read** and **save** this information because it explains the changes in your plan for 2016. During Medicare's Open Enrollment, you will have a chance to change your plan for next year.

SHINE (Serving the Health Insurance Needs of Everyone...on Medicare) Counselors can help you understand your plan changes, as well as other options you may have. Appointments are limited so make your appointment soon.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

To make an appointment with the SHINE counselor here, please call 781-599-0110.

You may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. Please leave a message and a counselor will return your call within two business days.

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 Mary Elizabeth Kelly
~ James T. Kelly



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

Person's Name: _____

Send card to: _____

Donated by: _____



An Affordable Senior Residence

**1 Monument Square
Beverly, MA 01915**

Call us for information (978) 927-2121



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

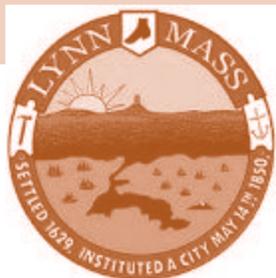
| | |
|---------------------|------|
| WASH & CUT | \$10 |
| WASH, CUT & BLOWDRY | \$15 |
| WASH, CUT & SET | \$15 |
| COLOR | \$20 |
| PERM | \$40 |
| WAX | \$5 |

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS
9:30 AM—11:30 AM

Capture the Pride!



WELLNESS OFFERINGS

BLOOD SUGAR & BLOOD PRESSURE

November 10th

8:00 am—9:30 am *note time change*

Nurse available for any health questions.



PODIATRIST

November 5th

10:00 am—12:00 pm

Call for appointment. Bring Insurance Card



HEARING CLINIC

November 3rd

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

RETURN SERVICE REQUESTED

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