



METHUEN ELDER AFFAIRS
Methuen Senior Activity Center
77 Lowell Street, Methuen, MA 01844
(978)983-8825
Monday through Friday ~ 8:00am – 4:00pm

DECEMBER 2006

STAFF

Corinne C. LaCharite, Executive Director
Department Head
Linda Sheehan, Administrative Assistant
Lynneanne Moss, Head Clerk
Susan Foster, Activity Coordinator
Elena Ganem, Office Support

SERVICE STAFF

BENEFITS COUNSELING / SHINE Volunteer
Beverly Bradley

GIFT SHOP
Barbara Skinner, Manager

HEALTH CLINIC (VNA)
Rita Lonardo, RN

MEALS ON WHEELS/NUTRITION PROGRAM
Maureen Donovan

MEDICAL TRANSPORTATION
Dorothy Zazopoulos

OUTREACH / SUPPORT SERVICES
Louise Edelblute, RN

SENIOR READERS IN SCHOOLS
Susan Foster

TELEPHONE REASSURANCE

THRIFT SHOP
Christine Laratonda, Manager

TRIPS
Susan Foster
Elena Ganem

VOLUNTEER SERVICES/FRIENDLY VISITOR
Linda Sheehan
Dorothy Zazopoulos

SOCIAL GROUPS

AARP
Celeste McDonald DiFruscia

BEANO
Phyllis Hutton

BRIDGE GROUP
Mary Letizio

CABARET!
Domenic Stella

SHUFFLEBOARD GROUP
Viny Breglia

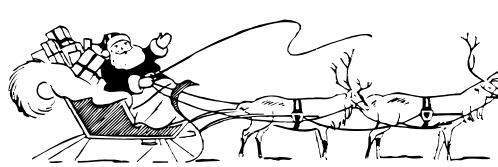
COUNCIL ON AGING

Monica Pitman, Chairman
Louise Flynn, Vice Chairman
Elena Ganem, Secretary
Leo Kirane, Treasurer

Domenic Stella
Charlotte Blood
Elaine Morissette

GREETINGS FROM THE COUNCIL ON AGING

The Methuen Council on Aging consists of a seven member board appointed by the Mayor and approved by the City Council. The Council on Aging's main objectives are: (1) To advocate on behalf of the Methuen elderly population in addressing their needs by identifying and developing community resources of assistance. (2) To set policy for the operation of the Senior Center (3) To provide information, referral, outreach, nutrition and health services in cooperation with other City Departments and area agencies. (4) To enhance the quality of life for Seniors and the Community by providing educational, recreational, cultural programs and activities.



Happy Holidays!

SPECIAL APPRECIATION

November was another jam-packed month of activities at our center and we'd like to thank everyone who contributed to the programming and events including... The Moss Family for decorating our entry in the Festival of Trees – *A Star Spangled Celebration*; all of the vendors and volunteers who participated in and everyone who donated time, baked goods and prizes (see list on page 8) to our Holiday Craft Fair!; Bob Andrew for sponsoring a free breakfast; everyone involved in our Veteran's Day Coffee Hour including Ed Curran, Veteran's Dept. Director, Lawrence Vietnam Memorial, pianist George Mendonsa, photographer Paul Perrone, and Top Donut, Mayor Manzi and Councillor Kathleen Corey-Rhame; Michael Pollard for an informational talk on Pre-Planning; all the nurses and volunteers who helped with the 2 flu shot clinics; the nearly 20 organizations who participated in the Diabetes Expo, Eileen Havey and Barbara & Al D'Agata for their considerable effort in planning out the day; the students who participated in and the Lions Club for their sponsorship of the speech contest; the Methuen Police Dept. for a great ham & bean supper and a fun 45's tournament – also thanks to Karen Kucukistepanoglu for raffle prizes at the event!; Carol Felides of Sunbridge at Woodmill for the informational talk on Dementia/Alzheimers; MaryJane Beaulieu and Arthur Ouellette for manning the information table at the Ashford Condominiums. Whew... that was a lot! Be sure to join us again this month for more exciting events and activities!

Thank You All!

MEMORIALS

Memorials have been received in memory of:



- Marguerite M. Beaulieu**
- Ann C. Moss**
- Doris Radulski**
- Ralph Somma**
- Albert Stabiile**

Monies received in memorial to the Methuen Senior Activity Center will be used only for special memorial items.

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Memorial cards are available at the Center Office and from your funeral director.

## **WEIGHT WATCHERS IS HERE!**



Trying to shed a few extra pounds? Let Weight Watchers help you!



**Meetings Will Be Held At The Methuen Senior Activity Center Friday Mornings At 9:30am. (Weigh-in begins at 9:00am)**

One Time Registration Fee - \$33 / Weekly Dues - \$13  
\$5.00 charge for missed meetings.

*Special Limited Time Offer: Purchase 10 Weeks for \$119.00 and Registration Fee is Waived!*

Attn: BC/BS and Tufts Insurance Members:  
Show your card at sign up and registration fee is waived.

## **N.E.E.T. DRIVERS NEEDED!**



Volunteer drivers are needed to take seniors with no means of transportation to and from their medical appointments. If you have some time and would like to help out, please call 978-983-8825! Days and hours are flexible to fit your schedule and let us know if you're available for local or long distance appointments (i.e. Burlington or Boston). Valid drivers license required.

## **45'S TOURNAMENT WINNERS!**

Congratulations to Methuen Seniors: Howie MacLellan and Domenic Defeo – winners of the 45's Tournament held Mon. November 20<sup>th</sup>. Congratulations to runner's up Methuen Police Dept. Dispatchers Sean Milovanovic and Kim Saba. Everyone had a great time!

## **JEWELRY SALE**



Donations for the Jewelry Sale Table are always most gratefully accepted anytime in the office.

**Join the Club...**



# **METHUEN SENIOR CENTER 50/50 CLUB**



**Three Winners Each Month!**

Membership \$4.00 per month

Must be paid 6 month \$24.00 or 12 months \$48.00

*(Your Donation is Tax Deductible)*

|              |            | <b>Prize Fund</b>                  |                       |                       |
|--------------|------------|------------------------------------|-----------------------|-----------------------|
|              |            | <b>50% of Total Monthly Income</b> |                       |                       |
| # of Members | Prize Fund | 1 <sup>st</sup> Prize              | 2 <sup>nd</sup> Prize | 3 <sup>rd</sup> Prize |
| 100          | \$200      | \$100                              | \$60                  | \$40                  |
| 150          | 300        | 150                                | 90                    | 60                    |
| 200          | 400        | 200                                | 120                   | 80                    |
| 250          | 500        | 250                                | 150                   | 100                   |
| 300          | 600        | 300                                | 180                   | 120                   |
| 350          | 700        | 350                                | 210                   | 140                   |
| 400          | 800        | 400                                | 240                   | 160                   |
| 500          | 1000       | 500                                | 300                   | 200                   |

Membership \$4.00 per month  
Must be paid 6 months or 12 months

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Donation: \$ _____

6 months = \$24.00 12 months = \$48.00
(Make Check Payable To: MSC 50/50 Club)

Date: _____

Name: _____

Address: _____

**For more information, or to join the club,
Visit the office at 77 Lowell St, Methuen**

(Cut out and mail in your membership today!)

Happy Birthday



Best wishes to everyone who celebrated a birthday during the month of November...

| | | |
|----------------|--------------------|-------------|
| Dee Henry | Pauline Hargreaves | Betty Basha |
| Hilda Beberian | Bob Andrews | Emil Ameen |
| Dot Johnson | Kay Borrelli | Al Hoffman |
| Ann Angelari | Beverly Enos | |

Do you have a birthday coming up this month? If so, be sure to sign up for the birthday party scheduled for December 21st. Reservations must be made no later than 12:00noon on Dec. 19th by calling 978-983-8825. In the meantime... **Happy Birthday!!!**

CONGRATULATIONS

Congrats to all the raffle winners at our "Spooktacular" Dance

| | | |
|---------------------|-----------------------|-------------------------|
| Bob Bistany | Louise D'Agata | Shirley King |
| Eleonor Dunn | Bob Trask | Amedee Frechette |



**Anyone want
to play...**

45's

The Methuen Senior Activity Center

Proudly Presents 45's ~ Thursdays 12:30-3:30pm.

Sign up in the office!

**Congratulations to Doris Williams - winner of the
mountain bike donated by Seacoast Coca-Cola.**



HOLIDAY FAIR 2006



Special thanks to everyone who donated a prize for our Giant Raffle and congratulations to the winners!

1. TGI Friday \$25 from Mary Jane Beaulieu - Theresa Holland
2. Bob's Discount Furniture \$200 - Ray Proulx
3. T-Bones \$25 - Elena Ganem
4. Annie's Hallmark \$25 - Bernice Scott
5. Not Your Average Joe's \$25 from Mary Jane Beaulieu - Maureen Donovan
6. Market Basket \$15 from John Pitman - Mary Magerison
7. Foxwoods Day Trip for 2 from Al & Elena Ganem - Bernice Scott
8. (2) \$50 Cash from Gateway Travel - Evelyn Benson & G.A. Nardoza
9. Borrelli's Deli \$20 - Ned Leone
10. Toaster Oven from George & Yvonne Lafitte - Pauline Hargreaves
11. Salon 110 \$25 - Doris Parthum
12. Spa Na'Joli \$50 given anonymously - Claire Young
13. Market Basket \$25 from Elaine Morissette - Peggy Baker
14. Mini Cordless Wet/Dry Vac from Bob & Bea Morel - Joyce Harris
15. Reindeer with \$10 Jackson's Restaurant - Jeanette Donnelly
16. Raymond's Turkey Farm \$50 - Harry Hall
17. Reindeer with Scratch Tickets - Kathleen Iaconni
18. Jackson's Breakfast for 2 - Mary Simonian
19. 4 Cabaret Tickets - Janet Tashjian
20. Shadi's \$25 - Souad Moses
21. Methuen Family Restaurant \$20 - Jeanette Donnelly
22. Hu Ke Lau Trip for 2 - Phyllis Hutton
23. Breakfast Basket with \$10 Market Basket - O.Klufts



24. \$15 Market Basket from Dom Stella - Mary Kosiorek
25. Conlin's Pharm. Blood Pressure Monitor - Al Blazavitch
26. Twin Blts. Wine - Beverly Enos
27. Tangueray Imported English Gin - Yvonne Lafitte
28. Autumn Door Wreath - Theresa Flynn
29. Hand Crocheted Display Barbie from Lucille Sidley - Yvette Weigal
30. Pumpkin Centerpiece - Claire Young
31. Burgundy/Gold Wreath - Carol Orstein
32. Sleigh Centerpiece with Scratch Tickets - Ed Parolisi
33. Silver/Burgundy Wreath - Corley
34. Christmas Carolers w/ Scratch tickets - Maureen Lumb
35. (3) Cathy's Hair Salon - Thomasine Corbett, Tara Foster, Jeanette Donnelly
36. Thwaite's Mkt. 6 Pork Pies - Pauline Hargreaves
37. Hand Crocheted Afghan - Millie Torrisi
38. Hand-made Quilt from Quilting Class - Faith Morgida
39. \$20 Wal-Mart from Evelyn Wetherbee - Pauline Crosby
40. John Deere Model Tractor from Modeler's Junction - Debbie Delicelli
41. Snow Babies Gift Basket - Mary Schweida
42. \$25 Cash Prize - Mildred Grosser
43. Autographed Red Sox Baseball - Dot Rozzi
44. Porcelain Doll from Dolly Nesbitt - Betty Cavanaugh
45. Holiday Décor with Hat/Glove Set - Betty Cavanaugh
46. Cocoa Gift Basket - Michelle Stehm
47. Winter Themed Stationary Basket - Dorothy Zazopoulos
48. \$20 Market Basket from George & Pauline Hargreaves - Lilian Zakia
49. \$25 Capellini's from Charlotte Blood - Edna Marsan
50. \$20 Wal-Mart from Shirley King - Mildred Grosser
51. Overnight Stay @ Foxwoods - Corinne LaCharite





December 2006



MONDAY

8:00-9:00
CHAIR YOGA

9:30-12:00
JAPANESE BUNKA

9:30-10:30
MODIFIED
AEROBICS

9:30-11:30
NEEDLEARTS

12:30-3:30
SHUFFLEBOARD

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### **EZ Trans**

Assist Van  
685-8767  
or for a cab  
1-877-308-7267  
48 Hrs. Advance  
Notice Required  
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PLEASE NOTE:

Exercise, yoga and
dance classes run
continuously
throughout the year.
Craft classes run on
10 week semesters.

TUESDAY

8:00-9:00
AEROFLEX

9:15-10:45
DANCE

9:00-11:30
12:30-3:00
CERAMICS

9:00-11:00
CLINIC

8:30-11:30 &
12:30-3:30
SHUFFLEBOARD

12:30-3:00
KNIT & CROCHET

1:00-2:00
FITNESS

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**AARP** meets the  
third Tuesday of each  
month. 1:00pm.



## WEDNESDAY

8:00-9:00  
WEIGHT TRAINING

9:00-11:00  
11:30-1:30  
COMPUTERS

9:30-10:30  
MODIFIED  
AEROBICS

10:00-12:00  
OIL PAINTING

9:00-11:30  
QUILTING

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N.A.R.F.E.

Meets the last
Wednesday of the
month at 2:00pm.

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### **VETERANS**

Department Director  
Ed Curran will be at  
the center the second  
Wednesday of the  
month at 10:30am.

## THURSDAY

8:00-9:00  
AEROFLEX

9:00-11:30  
QUILTING

9:30-10:30  
FITNESS CLASS

9:00-11:00  
11:30-1:30  
COMPUTERS

9:30-12:00  
JAPANESE BUNKA

1:00-3:30  
BRIDGE

12:30-2:00  
CHORAL GROUP

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RIDES AVAILABLE FOR MEDICAL APPOINTMENTS

Call Dorothy, 9-12:00n at
978-983-8825. A
minimum of 2 days
advance notice required.

FRIDAY

8:00-9:00
WEIGHT TRAINING

9:30-10:30
MODIFIED
AEROBICS

9:00-10:30
YOGA (On-going)

1:00-3:00 BINGO

1:00-3:00
KNITTING

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### **FOOT CARE CLINIC**

Every fourth Friday of  
the Month 1:00pm by  
appointment only.  
\$25.00 charge.

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WEIGHT WATCHERS! Fridays 9:00am



Our Newsletter & Mailings are
sponsored in part by Executive
Office of Elder Affairs,
One Ashburton Pl.
Boston, MA 02108



LUNCH SERVED
Monday through Friday ~11:30am
Call Mornings 978-685-8866
(Two day advance notice Required)
Donation: \$2.00



The GIFT SHOP and
THRIFT SHOP are open
Monday – Friday
9:30am – 3:30pm
THE PUBLIC IS WELCOME!



FUEL ASSISTANCE

Fuel assistance is available for low income households both renters and owners alike. Eligibility and benefits are determined by household income, number of household members and vulnerability to heating costs. Your first call to apply for fuel assistance is to the Greater Lawrence Community Action Council at 978-681-4950/51/52. The 2005 Income Eligibility Guidelines Chart are listed below. If you are not qualified for that program, there are several other agencies you can call for help.



1. Citizen Energy at 978-681-4950/51/52 or 1-877-JOE-4-OIL
2. Your local Salvation Army at 1-800-334-3047
3. HEATLINE at 1-800-632-8175.
4. For utility company problems call 1-800-392-6066.



LIHEAP FY 2007 (Based on Gross Annual Income)

| # Household Members | 100% of Poverty | 125% of Poverty | 150% of Poverty | 175% of Poverty | 200% of Poverty |
|---------------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 1 | \$9,800 | \$12,250 | \$14,700 | \$17,150 | \$19,600 |
| 2 | \$13,200 | \$16,500 | \$19,800 | \$23,100 | \$26,400 |
| 3 | \$16,600 | \$20,750 | \$24,900 | \$29,050 | \$33,200 |
| 4 | \$20,000 | \$25,000 | \$30,000 | \$35,000 | \$40,000 |
| 5 | \$23,400 | \$29,250 | \$35,100 | \$40,950 | \$46,800 |
| 6 | \$26,800 | \$33,500 | \$40,200 | \$46,900 | \$53,600 |
| 7 | \$30,200 | \$37,750 | \$45,300 | \$52,850 | \$60,400 |
| 8 | \$33,600 | \$42,000 | \$50,400 | \$58,800 | \$67,200 |

*200% Poverty Level Not To Exceed 60% of State Median Income or Less Than 150% Of Poverty Level.

CABARET SCHEDULE 2006/2007

| | | | |
|----------------------------|---------------------------|------------------------------------|-----------------------------|
| Dec. 2 The Fred Manzi Trio | Dec 16 Variations | Dec 31 New Year's Eve Dinner Dance | The Fred Manzi Trio |
| Jan. 6 The Entertainers | Jan. 20 Pete Saran | Feb. 3 Boots & Co. | Feb 17♥ Fred Manzi Trio |
| March 3 Variations | March 17♣ The Mel Tones | March 31 Pete Saran | Apr 14 Entertainers |
| Apr 28 The Mel Tones | May 5 The Fred Manzi Trio | May 19 Boots & Co. | June 2 Variations |
| June 16 Pete Saran | June 30 The Entertainers | July 7 The Mel Tones | July 21 The Fred Manzi Trio |
| Aug 4 Boots & Co. | Aug 18🌴 Variations | Sept 8 The Entertainers | Sept 15 Pete Saran |
| Oct 6 The Mel Tones | Oct 20🍷 Fred Manzi Trio | Nov 10 Boots & Co | Nov 24 The Mel Tones |
| Dec 1 The Entertainers | Dec 15 Variations | Dec 31 New Year's Eve – | Fred Manzi Trio |



Cabarets are from 7:30-11:00pm. Tickets are \$7.00pp available in the office and at the door.
Be sure to come in costume for our specially marked Cabarets! Prizes awarded for best costume.



TRIAD NEWS

TRIAD is a community policing initiative between seniors, law enforcement and service providers designed to increase safety through education and crime prevention. Meetings are held the first Tuesday of the month and everyone is welcome to attend.

On-going programs sponsored by TRIAD include:

- ***Is Your Number Up?*** This program promotes the benefits of having your house numbers clearly visible from the street in case of emergency.
- ***The Yellow Dot Program.*** A medical emergency information kit for your automobile, includes a yellow dot window cling for your rear windshield.
- ***File of Life.*** This handy medical reference kit comes in two sizes, one for your wallet and one magnetized to be placed on your home refrigerator. Vital information should be kept up to date for easy access to emergency personnel.
- ***Paper Shredder.*** In an effort to thwart ID Theft, the TRIAD group has a paper shredder available to seniors to shred documents containing personal information. **Dec. 20, 2006, 1:00-3:00pm.**

For more information on any of these programs, or if you'd like to become involved, call 978-983-8825.

RECYCLING/FUNDRAISING EFFORT

Please join us for a new fundraising project here at our center. It's easy for everyone who purchases Mass. lottery tickets! Didn't have a winner? Don't toss those tickets! Bring them to the Methuen Senior Activity Center so we can participate in the *Massachusetts Lottery's Instant Replay Recycling Program*. Hopefully, if we have enough of them to turn in, we just MAY win some money for our center! Thanks, we appreciate your time and effort!



TRAVEL WITH US!

- March 26, 2007. New Orleans Getaway. 5 days, 7 meals. \$1,199pp/do.
- April 24, 2007. Overnight Trip: Swiss Highlights featuring Zermatt, Bern & Montreux. 9 days. \$2,599pp/do.
- June 22, 2007. America's West. Mt Rushmore, Black Hills, Devil's Tower & more. 7 days/11 meals. \$1,649pp/do.
- July 20, 2007. Overnight Trip: Rockies Rail Highlights by train. 8 days, 12 meals. \$2,999pp/do
- September 21, 2007. Chicago Windy City Wonders. 5 days, 6 meals. \$1,649pp/do.
- Oct 4, 2007. Albuquerque Balloon Fiesta. 5 days/6meals. \$1,449pp/do.



SHARE A TIP

By Dora Atkinson



- Keep newspapers in your trunk. If you get stuck in mud, place them under your rear tires for traction.
- Help your local animal shelter. Donate old towels and blankets for use as bedding and cleaning.
- When bringing a pie to someone this holiday season, to keep it safe in transport, place it in a box lined with a towel, then place a large bowl upside down over the pie to keep the crust from breaking!

50/50 CLUB WINNERS

Congratulations to the **November 2006** winners of the 50/50 Club Raffle



| | |
|---------------------|-----------------|
| Joan Hatem | \$190.95 |
| Leni Traub | \$114.57 |
| Robert Hamel | \$ 76.38 |



If you haven't joined the club yet, it's not too late!
Enrollment forms are available in the office
6 months(\$24.00) or 12 months (\$48.00).
Three chances to win each month! Sign up today!



DECEMBER EVENTS CALENDAR



Sat 2 Cabaret! The Fred Manzi Trio. 7:30pm. \$7.00.
 Tue 5 TRIAD Meeting. 11:00am. All are welcome.
 Wed 6 Annual Day of Remembrance. 1:00pm. All are invited.

Mon 25 Christmas Day! Center closed.
 Sun 31 New Year's Eve Dinner/Dance. Fred Manzi Trio. 6:30-12:30. \$35.00pp.

Sat 9 Free Luncheon for Seniors. Sponsored by Remax. Watch for details.

COMING SOON...



Sun 10 Free Holiday Concert featuring the Timberlane Band. 2:00pm. All are invited!

Jan 1 New Year's Day. Center closed.
 Jan 4 Lions Club Speech Contest. 6:00pm. All are invited!

Tue 12 Ice Cream Social. 1:00pm. \$3.00pp.

Jan 6 Cabaret! The Entertainers. 7:30pm. \$7.00pp.

Wed 13 Stamps for You. 10:30am.

Jan 11 Better Days Ahead 6 week program. 9-11:30am. Session 1. See details inside.

Thur 14 Annual Holiday Open House. 9-3:00pm. Jewelry Sale Table. Performance by Happy Hearts at 1:00pm. Admission cost: donation of non-perishables or monetary donations for Lazarus House. All are invited!



Jan 15 Martin Luther King Day. Center closed.

Fri 15 Foot Care Clinic. \$25. 1:00pm. By Appt. Only.

Jan 16 Foot Care Clinic. \$25. 1:00pm. By Appt. Only.

Sat 16 Cabaret! Variations. 7:30pm. \$7.00.

Jan 16 AARP Meeting. 1:00pm.

Tue 19 AARP Meeting. 1:00pm.

Jan 18 Better Days Ahead 6 week program. 9-11:30am. Session 2. See details inside.

Wed 20 Paper Shredding 1-3:00pm. Sponsored by TRIAD program.



Jan 20 Cabaret! Pete Saran. 7:30pm. \$7.00pp.

Thur 21 Birthday Party. 11:30am.

Jan 25 Better Days Ahead 6 week program. 9-11:30am. Session 3. See details inside.

Jan 31 N.A.R.F.E. 2:00pm.



HOLIDAY CONCERT AT METHUEN SENIOR ACTIVITY CENTER

Sunday, December 10, 2006 ~ 2:00pm



Timberlane Community Band

A 60 piece concert band serving the Merrimack Valley in Massachusetts & New Hampshire.

 the public!

Complimentary Admission!



ANNUAL HOLIDAY OPENHOUSE

Thursday, December 14, 2006

Methuen Senior Activity Center, 77 Lowell St, Methuen

Jewelry Sale 9:00am-3:00pm

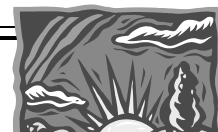
Happy Hearts Choral Group
 performance at 1:00pm

Donations of non-perishable food items or monetary donations for Lazarus House Ministries will serve as the cost of admission.



Come enjoy a wonderful selection of holiday music and refreshments to celebrate the season!

Annual Day of Remembrance
Remembering all those
who have passed before us.



"Trust In Him During Life's Storms"

At Methuen Senior Activity Center

77 Lowell St, Methuen

Wednesday, December 6, 2006 ~ 1:00pm

All are invited to attend!