

# Lynn Council on Aging Senior Center

## CONTACT INFORMATION

### Address

37 Friend Street, Lynn, MA 01902

### Office Hours

Monday-Friday 8:30AM -3PM

### Phone

(781) 586-6879

### Fax

(339) 440-4436



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## AUGUST 2024

### August Spotlight

#### Lynn Senior Chat with Calvin

Erica Holmes  
Lynn Urban Forestry  
Tuesday August 13th 10:30 AM

#### The Salvation Army

Captain Emmanuel Vilegas  
History, Services and Community Resources  
Thursday August 15th 12:45PM

#### Three Part Summer Mindfulness Series

Presented by- Murphy Harrell, PhD  
neuropsychology fellow at McClean Hospital  
Part 2 of 3 series  
Thursday August 22nd 10:30AM

#### Department of Public Health

Types of Pulmonary Disease  
Causes, statistics and treatments  
Tuesday August 27th 10:30 AM

### August Features

#### Greater Lynn Senior Services (GLSS)

Carmen Ruiz Rios, Options Counselor  
Home Health Services and Resources  
Tuesday August 6th 10:30AM

#### Mass General Brigham Community Care Van

Hypertension and Diabetes Clinic  
offering blood pressure screenings and A1C testing  
with a nurse practitioner  
Thursday August 8th 12:30PM-4PM

#### Senior Supper Club

Socialize, crafting and dinner to go  
Tuesday August 13th 3pm-5pm

#### Harvard Pilgrim Health Care

1 hour chair yoga  
Facilitator- Yolanta Kolvaco  
Friday August 30th 10:30AM

### Events

**Please note:** Registration process will begin on the 1st of every month. Please come in person to reserve your ticket.

**No reservations over the phone.**

Please call the Reception Desk at (781) 586-6879 for questions.

**August 30th Labor Day BBQ 11:30AM-1:30PM**

### August Observances and Closings

**Monday August 19th,** National Aviation Day

**Monday August 26th,** Women's Equality Day

## TEAM EFFORT

### STAFF DIRECTORY

**Director of Elder Services**  
 Meegan Simpson-Best  
 (781) 586-6879, Ext. 6500  
 MBest@lynnma.gov

**Program Manager**  
 Tania Freedman  
 (781) 586-6879, Ext.6501  
 TFreedman@lynnma.gov

**Outreach Coordinator**  
 Rachel Frazee  
 781-586-6879 Ext. 6503  
 RFrazee@lynnma.gov

**Head Clerk**  
 Mabel De Leon  
 (781) 586-6879, Ext. 6502  
 MDeleon@lynnma.gov

**Reception**  
 Marge Harrington  
 (781) 586-6879, Ext. 6504  
 MHarrington@lynnma.gov

**Kitchen**  
 Vacant

**Driver**  
 Jose Mieses

### Lynn City Hall Interpreters Schedule

**Spanish** -Chissel Arias  
 PH - (781) 479-1896  
[CARIAS@NAAMASS.ORG](mailto:CARIAS@NAAMASS.ORG)  
**MON:** 11AM-4PM  
**WED:** 10AM-2PM  
**THUR:** 10AM-2PM

**Arabic**- Fatima Elhali  
 PH - (781) 479-1894  
[FELHALI@NAAMASS.ORG](mailto:FELHALI@NAAMASS.ORG)  
**TUES:** 11AM-8PM  
**FRI:** 8:30AM-12:30PM

**Haitian Creole**- Jules Metellus  
 PH - (781) 479-1899  
[JMETELLUS@NAAMASS.ORG](mailto:JMETELLUS@NAAMASS.ORG)  
**WED:** 10AM-3PM  
**THUR:** 10AM-3PM

### Mayor's Message

"The City of Lynn is thrilled to announce the completion of two new projects, the Pleasant Street Safety Project and the Blossom Street Extension! These projects focus on residents' roadway safety and ensuring our waterfront is accessible to all.

The City hosted ribbon-cutting ceremonies for these projects. We encourage you to check out these projects in person and continue to follow us on our social media pages to stay updated on further updates on projects and ribbon-cutting events."

Sincerely,  
 Mayor Jared C. Nicholson

### Director's Message

The Lynn Senior Center plays a critical role in enhancing the social lives of older adults, providing a vibrant community where seniors can interact, form friendships, and continue to engage in various activities. Through regular events, group activities, and social gatherings, the center fosters a sense of belonging and reduces feelings of isolation and loneliness that many seniors face. These interactions not only build a supportive community but also contribute to the emotional well-being of its members, creating a more connected and engaged senior population.

In addition to socialization, the Lynn Senior Center significantly contributes to the retention of cognitive abilities among its' members. The Center offers a range of mentally stimulating activities such as educational workshops, trivia, bingo and skill building classes including knitting, game group and working on small crafts; all of which are designed to keep the mind active. These activities are essential in promoting mental agility, delaying cognitive decline and enhancing the overall brain health by providing opportunities for continuous learning and mental engagement. The Center also helps Lynn seniors maintain their cognitive function and ensures that they lead a more fulfilled and independent life. Please note that the Lynn Senior Center is not an adult day program and we do not have a medical team. The fore-mentioned programs are designed to support socialization and enhancing the social life of independent Lynn seniors. With gratitude for the staff of Lynn Senior Center who are always working diligently to support seniors.

Sincerely,  
 Director Meegan Best

### Important Phone Numbers

Department of Public Works	781-268-8000
Lynn City Hall	781-598-4000
Lynn Housing Authority	781-581-8600
Lynn Public Library	781-595-0567
Lynn Police Department	781-595-2000
Mass Senior Action	617-284-1275

## Summer Olympics

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 W T A R E G I W I N N E R S S F O S E D  
 S L C W T O R E S C G Y M N A S T I C S  
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Word List:

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FENCING  
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CYCLING  
FIELD  
HOCKEY  
GYMNASTICS  
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SAILING  
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SILVER  
MEDAL  
TENNIS  
VOLLEYBALL  
WRESTLING

## AUGUST REGULAR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1 COLD:</b> 2 oz Roast Beef 1 slice Provolone Cheese 1pc Potato Chips ½ cup Garden Salad 2 slices MG Bread 1 pkt Mustard 1pc Menu Magic Dressing 1pc Fresh Fruit	<b>2 Two Compartment</b> 3oz Grilled Chicken 4oz Piccata sauce ½ cup WW spaghetti ½ cup Broccoli 1pc WW Dinner Roll 1pc Cookie
<b>5 Two Compartment</b> 10 oz macaroni and cheese ½ cup Capri Veggies 1pc WW Dinner Roll ½ cup Mandarins	6 3oz Grilled Chicken 2oz teriyaki Sauce ½ cup Asian Veggies ½ cup Vegetable Rice 1pc MG Bread ½ cup Pineapple	7 1pc Hamburger 2oz Au jus ½ cup Potatoes O'Brien ½ cup Beets 1pc WW Burger Bun 1pc Gelatin 1pc Ketchup <b>No Margarine</b>	<b>8 COLD:</b> 3oz Seafood Salad ½ cup Garden Salad ½ cup tabouli 1pc Cookie 2pc Vienna Bread 1pc Menu Magic Dressing	9 3oz Pulled Pork 2oz BBQ sauce ½ cup Sweet Potatoes ½ cup Sauteed Garlic Spinach 1pc Burger Bun 1pc Fresh Fruit <b>No Margarine</b>
<b>12</b> 1pc Frittata ½ cup Ratatouille ½ cup Roasted Potatoes 1pc Fruit Loaf ½ cup Canned Apples 1pc Ketchup	<b>13 Two Compartment</b> 11oz American Chop Suey 3oz beef ½ cup pasta 4oz Tomato sauce ½ cup Broccoli 1pc WW Garlic Roll 1pc cookie	<b>14 SPECIAL: Two Compartment: Cold:</b> Chicken Caesar HDM <b>Shrimp Caesar Congregate</b> 1 cup Mixed Green Salad 3oz chicken or Shrimp marinated in Caesar dressing. ½ cup Greek Pasta Salad ½ WW Pita Bread	<b>15 Two Compartment</b> 10oz Vegetarian Chili 4oz Brown Rice 1pc Combread	<b>16 Two Compartment</b> Turkey pot pie 3oz Diced Turkey ½ puff Pastry ½ cup peas and carrots 3oz sauce 1pc Fresh Fruit ½ cup Mashed potato 1pc Vienna Bread
<b>19 Two Compartment Pasta &amp; Meatballs</b> 3 oz Chicken Meatballs 4 oz Marinara ½ cup Pasta ½ cup Capri Blend 1 pc Oat bread ½ cup Mandarins 1pc Parmesan	<b>20 Smothered Pork</b> 3 oz Pork Roast 2oz Mushroom/cream/onions ½ cup Mashed Sweet Potatoes ½ cup Cauliflower 1pc Dinner Roll ½ cup Applesauce	<b>21</b> 3 oz Yankee Pot Roast 2 oz Au Jus ½ cup Beets ½ cup Mashed Potatoes 1pc WW Bread 1pc Fresh Fruit	<b>22 Birthday: COLD</b> 4oz Diced Turkey & Cranberry Salad ½ cup Quinoa Salad <b>(Potato Leek Soup for Congregate to replace Quinoa)</b> ½ cup Spinach Salad w/Mandarins 2pc Vienna Bread 1pc Cupcake (TBD) 1pc Menu Magic Dressing	<b>23</b> 4oz Potato Crunch Fish ½ cup Rice Pilaf 1/2 cup Mashed Butternut 1pc MG Bread 1pc Tartar Sauce 4oz Yogurt 4oz Juice (no milk)
<b>26</b> 1pc Breaded Chicken 2oz Marry Me Sauce ½ cup Couscous ½ cup Green beans 1pc Dinner Roll ½ cup Pineapple	<b>27</b> 3oz Cod 2oz Garlic & Lemon Butter ½ cup Roasted Potatoes ½ cup Creamed Spinach 1pc MG Bread ½ cup Chocolate Pudding	<b>28 COLD: Two Compartment</b> 1 cup Tortellini Salad w/peas ½ cup Garden Salad 1pc Cookie Brownie 1pc Oat Bread 1pc Dressing 1pc Raisin packet	<b>29</b> Hot dog (LS Beef/pork) ½ cup baked beans ½ cup cinnamon apples ½ cup Coleslaw 1pc Hot dog roll 1pc Mustard 1pc Relish	<b>30 Two Compartment</b> 1 pc Lasagna 4 oz Meat Marinara ½ cup Zucchini & Summer Squash 1pc WW Bread 1pc Fresh Orange 1 pkt Parmesan cheese

## JULY COLD MENU

### Note for change in lunch schedule for the month of August.

Due to construction in our building, we will temporarily not have access to our kitchen. Please be assured that we will continue to provide breakfast and lunch. Breakfast will consist of coffee and a variety of other items such as fruit, muffins, toast and yogurt. Not all breakfast items will be availability daily but we will do our best to ensure that seniors have a breakfast. In addition we will mostly serve hot lunches during this period of time.

## AUGUST MONTHLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1. 10:30 AM Décor Club</p> <p>12:30 PM Chorus Club</p> <p>1:30 PM Garden Club</p>	<p>2. 9am Knitting Group</p> <p><b>10:30AM-1:30 PM</b> Roots Food Demo at Phoenix Food Hub</p> <p>11:45 AM Lunch</p>
<p>5.</p> <p>10:30 AM Bingo</p> <p>11:45 AM Lunch</p> <p>12:30 PM Bingo</p> <p>1:30 PM Horseracing</p>	<p>6.</p> <p><b>9 AM Dentist</b></p> <p><b>10:30AM GLSS Presentation</b></p> <p>11:45AM Lunch</p> <p>12:45 PM Chair Yoga</p>	<p>7.</p> <p>10:30 AM Bingo</p> <p>11:45 AM Lunch</p> <p>12:30 PM Bingo</p> <p>1:30 PM Horseracing</p>	<p>8.</p> <p><b>9:30AM Encore Casino</b></p> <p><b>11AM Lunch Field Trip</b></p> <p>10:30 AM Game Club</p> <p>11:45 AM Lunch</p>	<p>9.</p> <p>9AM Knitting Group</p> <p>10:30 AM Game Day</p> <p>11:00 AM Garden Group</p> <p>11:45 AM Lunch</p>
<p>12.</p> <p>10:30 AM Bingo</p> <p>11:45 AM Lunch</p> <p>12:30 PM Bingo</p> <p>1:30 PM Horseracing</p>	<p>13.</p> <p><b>10:30 AM Senior Chat</b></p> <p>11:45 AM Lunch</p> <p>12:45 AM Chair Yoga</p> <p>1:00 PM Chorus</p> <p><b>3 PM Supper club</b></p>	<p>14.</p> <p>10:30 AM Bingo</p> <p>11:45 AM Lunch</p> <p>12:30 PM Bingo</p> <p>1:30 PM Horseracing</p>	<p>15.</p> <p>10:30 AM Photo Club</p> <p>11:45 AM Lunch</p> <p><b>12:45 PM Salvation Army Presentation</b></p>	<p>16.</p> <p>9AM Knitting Group</p> <p><b>9:30AM AMC Lowes Movie</b></p> <p>11:00 AM Garden Group</p> <p>11:45 AM Lunch</p>
<p>19.</p> <p><b>10:00 AM Pedicure</b></p> <p>10:30 AM Bingo</p> <p>11:45 AM Lunch</p> <p>12:30 PM Bingo</p> <p>1:30 PM Horseracing</p>	<p>20.</p> <p>10:30AM Senior Trivia 30's, 40's and 50's</p> <p>11:45 AM Lunch</p> <p>12:45 PM Chair Yoga</p>	<p>21.</p> <p><b>10: 00 AM Barber</b></p> <p>10:30 AM Bingo</p> <p>11:45 AM Lunch</p> <p>12:30 PM Bingo</p> <p>1:30 PM Horseracing</p>	<p>22.</p> <p><b>10:30AM McClean Hospital Mindfulness part 2.</b></p> <p>11:45 AM Lunch</p> <p>12:45 PM Chorus Club</p>	<p>23.</p> <p><b>9am Massage</b></p> <p>9AM Knitting Group</p> <p>11:00 AM Garden Group</p> <p><b>11:00 AM Loft Field Trip</b></p> <p>11:45 AM Lunch</p>
<p>26.</p> <p>10:30 AM Bingo</p> <p>11:45 AM Lunch</p> <p>12:30 PM Bingo</p> <p>1:30 PM Horseracing</p>	<p>27.</p> <p><b>10:30AM Public Health Department</b></p> <p>10:30 AM SAIL</p> <p>11:45 AM Lunch</p> <p>12:45 PM Chair Yoga</p>	<p>28.</p> <p>10:30 AM Bingo</p> <p>11:45 AM Lunch</p> <p>12:30 PM Bingo</p> <p>1:30 PM Horseracing</p>	<p>29.</p> <p><b>9:00 AM Boston Public Garden - Swan Boat</b></p> <p>11:45 AM lunch</p>	<p>30.</p> <p><b>10:30AM Harvard Pilgrim Health Chair Yoga</b></p> <p><b>11:30AM Labor Day BBQ and Birthday Celebration</b></p> <p>9AM Knitting Group</p> <p>11:45 AM Lunch</p>



## HEALTH & BEAUTY

### Dental Note

Lynn based dentist will be here on **TBA**  
All dental work i.e.( x-rays, dentures and fillings)  
performed at office located at 291 Broadway, Lynn MA 01904  
with individual insurances.

### Podiatry Note September 2024

Lynn based podiatrist will be coming in  
Services include nail reduction and  
assessments  
provided by Dr. Fernandez in Lynn. Individual insurances

### Prom 2024 Floral Theme-Thank you Décor Club



Senior Clubs

\*\*\**(subject to change due to weather)*\*\*\*

### Walking on the Commons with Public Health Dept.

11:15AM-12:00 PM Friday August 30th

\*\*\**(subject to change due to weather)*\*\*\*

### Garden Club 10 person limit

Plant, water and harvest seasonal crops and help create tasty  
snacks for all to enjoy at the center.

### Gaming Club 10 person limit

Help coordinate fun monthly games and assist with planning  
tournaments

### Chorus Club 10 person limit

Help choose and practice songs for seasonal acapella perfor-  
mances

### Décor Club 10 person limit

Help decorate for all seasons and events

### Photo Club 10 person limit

Capture special memories for annual scrapbook



### Barber Services

Cost \$10.00

Wednesday, August 21st



### Manicure

Monday August 12th Cost \$10.00

*When registering for an appointment please notify us if  
you have gel polish.*



### Pedicure

Monday August 26th Cost \$15.00

*When registering for an appointment ,please notify us if  
you have gel polish*

### Massage Services (45 minute sessions)

TBA

Cost \$15.00



# PROGRAMS, SERVICES AND SIGN UP'S

## Trip Dates

Encore Casino (Everett) - Thursday August 8th 9 AM -3 PM  
50 slots available and 1 handicap accessible \$10 for transportation

Mighty Mill Lunch (Lynn) -Thursday August 8th 10:00 AM-2:00 PM  
20 slots available \$1.00 for transportation

Bev Rec Carnival Lynch Park (Beverly) -Friday August 9th 10:00 AM -2:00 PM  
20 slots available \$2 for transportation

Swan Boat (Boston Public Garden) - Thursday August 29th 9:00AM-3:00PM  
20 slots available \$15.00 includes Transportation, Ticket, Pizza & Beverage

*All field trips are subject to change \*\**

## Transportation Services

Please reserve transportation needs in person with scan card on "my senior center" or call reception desk (781) 586-6879. Reserve or cancel rides 24 hours prior to day. Monday rides are reserved by Friday 3pm

1. Our policy limits carry-on articles/packages to "as many as the rider and/or PCA/companion can carry in one trip without driver assistance and without taking up more than one seat"
2. Seatbelts to be fastened & remain seated while in motion
3. No food/beverage are to be consumed
4. Cell phones are used for emergencies only
5. Assigned times for transportation determined by driver

Mass Heath Assistance with Claudia  
No Appointments in July 2024

Seniors can call number below for assistance

Healthcare For All helpline: 800-272-4232.

Matter of Balance Presents:

Meditation with John

Mondays and Wednesdays

10AM-10:30PM

Learn and practice meditative exercise with soothing music and helpful coping skill tips

## Sign Up Section

Crafting Friday, August 23rd  
(10 slots) Free 10:30 AM-11AM

Supper Club Tuesday, August 13th  
(30 slots) \$2.00 3 PM-5 PM

AMC Lowes Movie Theatre Friday, August 16th  
(15 slots) \$10.00 9:30AM-1:30PM

The Loft Thrift Store Friday, August 23rd  
(20 slots) \$1.00 11 AM-12 PM

Labor Day BBQ Friday, August 30th  
(70 slots) \$2.00 10:30 AM-1:30 PM

*All activities are subject to change \*\**





## DEDUCTIBLE DONATION

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, and send to Joan B. Noble, President of FRIENDS, 96 Millard Avenue, Lynn, MA 01904.

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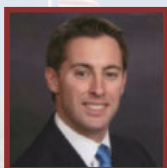
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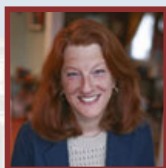
Sen. Brendan Crighton  
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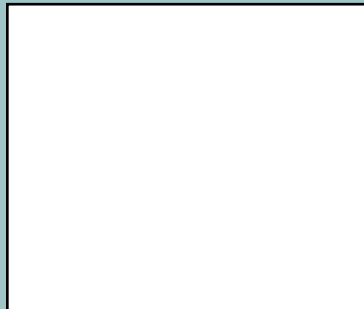
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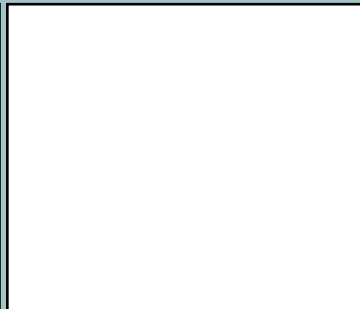
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**Lynn Council  
on Aging**

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