

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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SEPTEMBER 2024

September Spotlight

Lynn Inside Out

Community Festival and City Departments
September 7th 11AM-3PM

Lynn Senior Chat with Calvin

Focus Group AARP
Facilitator: Calvin Anderson
Tuesday September 10th 10:30AM

Dementia Conversations

Alzheimer's Association
Facilitator- Norma Milligan
Thursday September 26th 1pm

Mass General Brigham

Stroke Education Event
Learn about warning signs and risk factors
Friday September 27th 10:30AM

September Features

Senior Food Demo at Phoenix Food Hub

Sponsored by The Food Project
Chef Keith from Root catering
Thursday September 5th 10:30AM-12:30PM

Mercy Home Care

Offers a comprehensive range of services tailored to meet the diverse needs of our clients
Facilitator- Felicia Oke
Tuesday September 17th 10:30AM

Fall Prevention

September is fall prevention month
Facilitator- Rosemary MacDonald
Tuesday September 24th 1:30PM

Greater Lynn Senior Services (GLSS)

Carmen Ruiz Rios, Options Counselor
Home Health Services and Resources
Tuesday September 24th 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.

September Observances and Closings

Monday September 2nd, Labor Day

Sunday September 8th, Grandparent's Day

Sunday September 22nd, Autumn Begins

TEAM EFFORT

STAFF DIRECTORY

Director of Elder Services

Meegan Simpson-Best
(781) 586-6879, Ext. 6500
MBest@lynmma.gov

Program Manager

Tania Freedman
(781) 586-6879, Ext. 6501
TFreedman@lynmma.gov

Outreach Coordinator

Rachel Frazee
781-586-6879 Ext. 6503
RFrazee@lynmma.gov

Head Clerk

Mabel De Leon
(781) 586-6879, Ext. 6502
MDeleon@lynmma.gov

Supportive Services Specialist

Barbara Barker
(781) 586-6879
BBarker@lynmma.gov

Reception

Marge Harrington
(781) 586-6879, Ext. 6504
MHarring@lynmma.gov

Kitchen

Vacant

Driver

Jose Mieses

Lynn City Hall

Interpreters Schedule

Spanish - Chissel Arias

PH - (781) 479-1896

CARIAS@NAAMASS.ORG

MON: 11AM-4PM

WED: 10AM-2PM

THUR: 10AM-2PM

Arabic - Fatima Elhali

PH - (781) 479-1894

FELHALI@NAAMASS.ORG

TUES: 11AM-8PM

FRI: 8:30AM-12:30PM

Haitian Creole - Jules Metellus

PH - (781) 479-1899

JMETELLUS@NAAMASS.ORG

WED: 10AM-3PM

Mayor's Message

I am thrilled to announce that we are turning City Hall Lineside Out again this year! Join us for a festival on Saturday, September 7th from 11am-3pm to connect with City departments on upcoming initiatives and projects that matter most to you. Residents are encouraged to visit the City's website and social media pages for further updates on the event.

Thank you for the opportunity!

Sincerely,

Mayor Jared C. Nicholson

Director's Message

The role of grandparents raising grandchildren in Massachusetts is critical. Approximately 10,400 children are being raised solely by their grandparents. This is reflective of a growing demographic within the Commonwealth. The Massachusetts Commission on Grandparents raising Grandchildren is a valuable resource for these families. They offer resource sheets and a searchable website with information including where to find a grandparent support group. In conjunction with trainings, workshops and a yearly conference for both grandparents raising their grandchildren and professional service providers. Grand families often face unique challenges including financial and legal issues.

The Massachusetts Grandparent Commission serves as a resource, advocating critical support for these grandparents. Grandparents who take on the responsibility of raising their grandchildren provide not only stability and love but also maintain family bonds and cultural continuity that otherwise will be lost if a child was placed outside the family. The Child Advocate Bill was signed into law July 8th 2008. The Massachusetts Grandparent Commission was founded by one of their own John Lepper, who was a grandparent raising two grandchildren; and knows first hand of the need, cost, joy and heartache of this role. John continues to play a vital role as a board member of the Massachusetts Grandparent Commission. The federal government also recognizes the importance of kinship care, which has been shown to positively impact children's emotional and social development as oppose to being in unrelated foster care. This illustrates the vital role grandparents play ensuring the future successes of their grandchildren.

With gratitude and empathy, I would like to thank and praise all of the grandparents who are raising their grandchildren.

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

ACTIVITY

Back to School

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

Word List:

SCHOOL	TEACHER	STUDENT	BACKPACK
PENCIL	CLASSES	DESK	DETENTION
DICTIONARY	DRAMA	BAND	ERASER
EDUCATION	FOOTBALL	HOMECOMING	DANCE
GRAMMAR	GRADES	GYM	JANITOR
LEARNING	LIBRARY	LOCKER	MATH
READING	PLAYGROUND	PRINCIPAL	QUIZZES
SCIENCE	SCISSORS	SEPTEMBER	SPORTS
TESTS	WRITING	SPELLING	ASSEMBLY
BASKETBALL	BOOKS	BUS	FALL

SEPTEMBER REGULAR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2.</p> <p style="text-align: center;">No Meals served Senior Center Closed</p>	<p>3 Two Compartment</p> <p>10 oz macaroni and cheese</p> <p>½ cup stewed tomatoes</p> <p>1 slice Oat Bread</p> <p>½ cup applesauce</p>	<p>4 1pc Bateman meatloaf (1.5oz beef & 1.5oz turkey)</p> <p>2 oz Gravy</p> <p>½ cup Mashed Potatoes</p> <p>½ cup Peas</p> <p>1pc Vienna Bread</p> <p>1pc Fresh Fruit</p>	<p>5 COLD: 3oz Tuna Salad</p> <p>½ cup White Bean Salad*</p> <p>Congregate: Tomato Soup to replace White Bean Salad</p> <p>½ cup Garden Salad w/tomato</p> <p>2 slices Wheat Bread</p> <p>1pc Menu Magic Dressing</p> <p>½ cup Fruit Whip</p>	<p>6 3oz Pulled Pork (<i>Commodity?</i>)</p> <p>2oz BBQ sauce</p> <p>½ cup Roasted Sweet Potatoes</p> <p>½ cup Sauteed Garlic Collard Greens</p> <p>1pc Burger Bun</p> <p>1pc Cookie</p>
<p>9 3 oz Sliced Turkey</p> <p>2 oz gravy</p> <p>½ cup Mashed potato</p> <p>½ cup Carrots</p> <p>1 pc LS Wheat Bread</p> <p>½ cup Mixed fruit</p> <p>1pc Cranberry Sauce (congregate)</p> <p>1pc Cranberries</p>	<p>10 1pc Cheese Omelet</p> <p>1oz Turkey Sausage</p> <p>½ cup Potatoes O'Brien</p> <p>½ cup Beets</p> <p>1pc Fruit Loaf</p> <p>½ cup Yogurt</p> <p>1pc Juice (no milk)</p>	<p>11 Hot dog (LS Beef/pork)</p> <p>½ cup baked beans</p> <p>½ cup cinnamon apples</p> <p>½ cup Coleslaw</p> <p>1pc Hot dog roll</p> <p>1pc Mustard</p> <p>1pc Relish</p>	<p>12 COLD: 2 oz Roast Beef</p> <p>1 slice Provolone Cheese</p> <p>1pc Potato Chips</p> <p>½ cup Garden Salad</p> <p>2 slices MG Bread</p> <p>1 pkt Mustard</p> <p>1pc Fresh Fruit</p>	<p>13 Two Compartment</p> <p>3oz Grilled Chicken</p> <p>4oz Piccata sauce</p> <p>½ cup WW spaghetti</p> <p>½ cup Broccoli</p> <p>1pc WW Dinner Roll</p> <p>1pc Cookie</p>
<p>16 Two Compartment</p> <p>1 pc Lasagna</p> <p>4 oz Marinara</p> <p>½ cup Zucchini & Summer Squash</p> <p>1pc WW Bread</p> <p>½ cup Mandarins</p> <p>1 pkt Parmesan cheese</p>	<p>17 4oz Potato Crunch Fish</p> <p>½ cup Mashed Sweet Potatoes</p> <p>½ cup Green Beans</p> <p>1pc MG Bread</p> <p>1pc Raisins</p> <p>1pc Chocolate Pudding</p>	<p>18 COLD:</p> <p>4oz Turkey & Cranberry Salad</p> <p>½ cup Garden Salad</p> <p>Congregate: Minestrone Soup to replace tabouli</p> <p>½ cup tabouli</p> <p>1pc Fresh Fruit</p> <p>2pc LS Wheat Bread</p>	<p>19 Special: Chicken Aloha</p> <p>1pc Chicken Breast</p> <p style="padding-left: 20px;">w/Pineapple & Peppers & Soy Sauce</p> <p>½ cup Fried Rice</p> <p>½ cup Warm Pineapple Rhubarb</p> <p>½ cup Latin Slaw</p>	<p>20 1pc Hamburger</p> <p>2oz Au jus</p> <p>½ cup Tater tots</p> <p>½ cup Beets</p> <p>1pc WW Burger Bun</p> <p>½ cup applesauce</p> <p>1pc Ketchup</p> <p>No Margarine</p>
<p>23 1pc Frittata</p> <p>½ cup Ratatouille</p> <p>½ cup Roasted Potatoes</p> <p>1pc WW Bread</p> <p>½ cup mixed Fruit</p> <p>1pc Ketchup</p>	<p>24 Two Compartment</p> <p>10oz Vegetarian Chili with Northern & Red Beans</p> <p>4oz Brown Rice</p> <p>1pc Cornbread</p> <p>½ cup Mandarins</p>	<p>25 3oz Grilled Chicken</p> <p>2oz BBQ Sauce</p> <p>½ cup Corn & Peppers</p> <p>½ c Warm German Potato Salad</p> <p>½ cup Red gelatin Parfait with non-dairy topping & blueberries</p> <p>1pc Burger Bun</p>	<p>26 Birthday: Two Compartment</p> <p>American Chop Suey</p> <p>3oz beef</p> <p>½ cup pasta</p> <p>4oz Tomato sauce</p> <p>½ cup Broccoli</p> <p>1pc WW Garlic Roll</p> <p>1pc Cupcake TBD</p>	<p>27 Two Compartment</p> <p>Turkey pot pie</p> <p>3oz Diced Turkey</p> <p>½ puff Pastry</p> <p>½ cup peas and carrots</p> <p>3oz sauce</p> <p>1pc Fresh Fruit</p> <p>½ cup Mashed potato</p> <p>1pc Vienna Bread</p> <p>1pc Cranberries</p>
<p>30 Two Compartment Pasta & Meatballs</p> <p>3 oz Chicken Meatballs</p> <p>2 oz Marinara</p> <p>½ cup Pasta</p> <p>½ cup Capri Blend</p> <p>1 pc Oat bread</p> <p>½ cup Pineapple</p>				

SEPTEMBER MENU MEMO

Note for change in lunch schedule for the month of September .

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, generally we will be serving hot lunches during this period of time.



Summer Highlights 2024

SEPTEMBER MONTHLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. Labor Day Lynn Senior Center Closed <i>*Bingo moved to</i> <i>Friday September</i> <i>6th</i></p>	<p>3. 9AM Mass Health Claudia 10:30AM SAIL 10:30AM Trivia 11:45AM Lunch 12: 45PM Chair Yoga 1:15PM Chorus</p>	<p>4. 10 AM Massage 10:30 AM Bingo 11:45 AM Lunch 12:30 PM Bingo 1:30 PM Horseracing</p>	<p>5. 10:30AM Creative Cooking Demo 10:30AM SAIL 11:45AM Lunch 12:45PM Alphabet Soup Game</p>	<p>6. 10:30 AM Bingo 11:45 AM Lunch 12:30 PM Bingo 1:30 PM Horseracing</p>
<p>9. 10:30 AM Bingo 11:45 AM Lunch 12:30 PM Bingo 1:30 PM Horseracing</p>	<p>10. 9AM Dentist 10:30AM SAIL 10:30AM Senior Chat 11:45AM Lunch 12:45 PM Chair Yoga 3PM-5PM Senior Supper Club</p>	<p>11. 10AM Castle Island 10:30 AM Bingo 11:45 AM Lunch 12:30 PM Bingo 1:30 PM Horseracing</p>	<p>12. 10 AM Manicure 9:30AM Casino 10:30AM SAIL 11:45 AM Lunch 12:45PM Charades 1:15PM Gaming Club</p>	<p>13. 10:30AM Field Trip Salem Willows 10:30 AM Game Day 11:00 AM Garden Group 11:45 AM Lunch 12:45PM Peanut Day Activity</p>
<p>16. 10:30 AM Bingo 11:45 AM Lunch 12:30 PM Bingo 1:15PM Guacamole Day Activity 1:30 PM Horseracing</p>	<p>17. 10:30 AM Mercy Home Health 10:30AM SAIL 11:45 AM Lunch 12:45 AM Chair Yoga 1:15PM Jeopardy</p>	<p>18. 10:30 AM Bingo 11:45 AM Lunch 12:30 PM Bingo 1:30 PM Horseracing</p>	<p>19. 10:30AM SAIL 10:30AM Hispanic Heritage Trivia 11AM Lunch Field Howling Wolf Taqueria 11:45 AM Lunch 12:45PM Décor Club</p>	<p>20. 10:30AM Field Trip Pine Grove Tree Walk 10:30AM Game Day 11:00 AM Garden Group 11:45 AM Lunch 12:45PM Karaoke</p>
<p>23. 10:30 AM Bingo 11:45 AM Lunch 12:30 PM Bingo 1:30 PM Horseracing</p>	<p>24. 10:30AM SAIL 10:30AM GLSS Presentation 11:45 AM Lunch 12:45 PM Chair Yoga 1:15PM Chorus</p>	<p>25. 10 AM Barber 10:30 AM Bingo 11:45 AM Lunch 12:30 PM Bingo 1:30 PM Horseracing</p>	<p>26. 10:00 AM Pedicure 10:30AM SAIL 10:30 AM Surprise Box Project 11:45 AM Lunch 1PM-2PM Dementia Conversations</p>	<p>27. 9AM Mass Health Claudia 10:30AM Stroke Presentation 11:45 AM Lunch 12:15PM Birthday Celebration</p>
<p>30. 10:30 AM Bingo 11:45 AM Lunch 12:30 PM Bingo 1:30 PM Horseracing</p>				

HEALTH & BEAUTY

Dental Note

Lynn based dentist will be here on **September 10th**
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

Lynn based podiatrist Dr. Fernandez will be coming **October 2024**
Services include nail reduction and
assessments . Individual insurances applied.

Senior Supper Club Photographed below
Crafts, laughs and "dinner to go"



Senior Clubs

Senior Supper Club

Every 2nd Tuesday of the month from 3PM-5PM.
transportation not included.

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
performances.

Décor Club 10 person limit

Help decorate for all seasons and events.



Barber Services

Cost \$10.00

Wednesday, September 25th 10 AM



Manicure

Thursday, September 12th, 10 AM Cost \$10.00

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



Pedicure

Thursday, September 26th, 10 AM Cost \$15.00

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

Massage Services (45 minute sessions)

Thursday, September 4th , 10 AM

Cost \$15.00



PROGRAMS, SERVICES AND SIGN UP'S 'S

Trip Dates

Castle Island (Located in Boston, MA)- Wednesday September 11th 10AM-1:30PM

20 slots available. *Please inform staff during registration if you utilize a wheelchair to request a slot.*
There is a \$2.00 for transportation fee.

Plainridge Park Casino (Located in Plainville, MA)- Thursday September 12th 9am-3pm

50 slots available. *Please inform staff during registration if you utilize a wheelchair to request a slot.*
There is a \$10.00 for transportation fee.

Howling Wolf Taqueria (Located in Salem, MA) - Thursday September 19th 10:30-1:30PM

20 slots available. *Please inform staff during registration if you utilize a wheelchair to request a slot.*
There is a \$2.00 for transportation fee.

*** times and days 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 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 in vehicle.
4. Cell phones are used for emergencies only in vehicle.
5. Assigned times for transportation determined by driver.

Mass Health Assistance

Tuesday September 3rd, Thursday September 27th
Claudia will be here at 9AM

Appointments may last up to 45 minutes. Please call
Lynn Senior Center to reserve a slot
(781) 586-6879

Chair Yoga with Annette

Every Tuesday from 12:45PM-1:15PM
Low impact class with weights, music and
great movement. Please inquire by
calling or stopping by to observe a class.

Sign Up Section

Phoenix Food Demo, Thursday, September 5th
(15 slots) Cost- Free 10:30AM- 12:30PM

Salem Willows, Friday, September 13th
(20 slots) Cost- \$2.00 10:30AM-1:30PM

Supper Club Tuesday, September 10th
(30 slots) Cost- \$2.00 3 PM-5 PM

Pine Grove Tree Walk, September 20th
(20 slots) Cost- Free 10:30AM-12:30PM

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



DONATE AND APPRECIATE

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.

Please Accept my Donation In Memory of: \$

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Billy Gallant. Missed a lot with love Cindy LeBlanc



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HOME VISIT PROGRAM

The Ruth Sleeper Nursing Center for Clinical Education and Wellness Nurse Led Mobile Service Program invites you to participate in our Home Visit program with our nurse practitioner students.

Monday: 9 AM to 1 PM (Monthly)

Free support services are provided by MGH Institute Nurse Practitioner students under the supervision of nursing faculty. Choose the services that best meet your needs

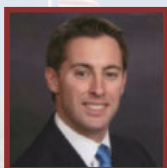
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If you are interested, please contact the Sleeper Center, nursingcenter@mghihp.edu or 617-655-4693 to schedule an appointment and provide more information.

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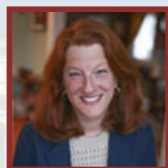
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617-722-1350



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