

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



INSIDE THIS ISSUE

Front Page.....	1
Team Effort.....	2
Activity.....	3
Monthly Menus.....	4-5
Monthly Schedule.....	6
Health & Beauty.....	7
Programs & Services.....	8
Donate & Appreciate	9

OCTOBER 2024

Page 1

October Spotlight

Lynn Senior Chat with Calvin

Weather Report
Special Surprise Guest
Tuesday October 8th, 10:30AM

Mystery Box Activity

Fall Contest
Creative Group Activity with a Twist
Thursday October 10th, 10:30AM

Senior Book Reading

We will be reading an excerpt from author
Julia Alvarez's book
October 15th, 10:30AM

Nature Walk

Pine Grove Cemetery
Walk and Relax with Nature
Thursday October 24th, 12:30PM

October Features

Department of Public Health

Bed Bugs
Causes, Treatment and Prevention
Tuesday October 1st, 10:30AM

Senior Supper Club

Stay Social and Engaged After Hours
Games, Crafts and Dinner to Go
Tuesday October 8th, 3pm-5pm

Flu Vaccination Clinic

Regular and High Dose Vaccines Available
Health Insurance not Required
Tuesday October 15th, 10AM-12PM

Energy Savings Presentation

Learn How to Understand and Interpret Utility Bills
Energy Advocate Sue Meigs
Tuesday October 22nd, 10:30AM

Events

Please note: Registration process will begin on the 1st of every month. Reserve in person only.

No reservations over the phone.

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

October Observances and Closings

Monday October 14th, Columbus Day/ Indigenous People's Day- Closed

Wednesday October 2nd, Rosh Hashanah

Thursday October 31st, Halloween

STAFF DIRECTORY

Director of Elder Services

Meegan Simpson-Best
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MBest@lynnma.gov

Program Manager

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TFreedman@lynnma.gov

Outreach Coordinator

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RFrazee@lynnma.gov

Head Clerk

Mabel De Leon
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Supportive Services Specialist

Barbara Barker
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BBarker@lynnma.gov

Reception

Marge Harrington
(781) 586-6879
MHarring@lynnma.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

Each year, we observe National Hispanic-Latino Heritage Month from September 5 to October 15, by celebrating the histories, cultures, achievements, and countless contributions of those with Hispanic/Latino Heritage.

National Hispanic-Latino Heritage Month serves as an opportunity to recognize that Hispanic and Latino people hold major significance in the story of both America and Lynn. Our Nation and especially our City is represented by courageous, talented and hardworking Hispanic and Latino leaders who strengthen our communities and make our home such a special place in the way they have shaped our social and cultural background. This month and beyond, I am thrilled to celebrate all that the Hispanic community provides to our City.

My administration is focused on making equity a priority and ensuring that the BIPOC community particularly our Hispanic/Latino community is at the forefront of our efforts to make Lynn a city that is inclusive for all our residents.

Hispanic/Latino heritage is American heritage.
Sincerely,
Mayor Jared C. Nicholson

Director's Message

As the days get shorter, and the evenings darker, it's important to be mindful of safety when staying active outdoors. Whether it's walking, gardening, or any other form of exercise, wearing bright or reflective clothing can make you more visible to others. Stick to well-lit areas and familiar routes, and consider exercising during the day hours whenever possible. Being aware of your surroundings and staying connected, like carrying a phone can add an extra layer of security.

Staying active, even as the days grow darker remains essential for your health. Regular exercise helps maintain mobility, strength and overall well-being. It also supports mental health and reducing feelings of isolation or sadness that can sometimes come with the shorter days. Weather indoors or out maintaining a daily exercise routine will keep you energized and healthy throughout the fall and winter months.

With respect and gratitude for all Lynn seniors and their caregivers
Meegan Best, Director of Elder Services, city Lynn

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

Name: _____

Date: _____

All About Autumn

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Word List:

APPLES
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 HALLOWEEN
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 SCARECROW
 THANKSGIVING

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 CORNUCOPIA
 FALL
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 NOVEMBER
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 NUTS
 PUMPKINS
 STUFFING
 TURKEY

BRISK
 COLUMBUS
 CRANBERRIES
 FOLIAGE
 GOURDS
 LEAVES
 OCTOBER
 RAKE
 SWEATERS
 VETERANS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Fish Sandwich 4oz Potato Crunch Fish ½ cup Mashed Sweet Potato ½ cup Apple Crisp 1pc WW Burger Bun ½ cup Coleslaw 1pc Tarter Sauce</p>	<p>2 3 oz Grilled Chicken 2oz Apricot Sauce ½ cup Rice Pilaf ½ cup Broccoli 1pc Cookie 1pc MG Bread</p>	<p>3 Sheppard's Pie 3oz beef & 2oz gravy ½ cup corn ½ cup mashed potatoes 1 pc Biscuit ½ cup Mixed Fruit</p>	<p>4 Cold: ½ cup Egg Salad ½ cup Garden Salad ½ cup Black Bean Salad ½ Pita Bread ½ cup Yogurt 1pc Juice (no milk)</p>
<p>7 3oz Pork & 2oz Apples ½ cup Sweet Potato Tots ½ cup Brussels Sprouts 1pc WW Bread</p>	<p>8 Two Compartment 7oz Turkey Tetrazzini 3oz Diced Turkey ½ cup Pasta with sauce ¼ cup onions, mushrooms & Peas ½ cup Beets 1pc WW Dinner Roll</p>	<p>9 Two Compartment 10oz Beef Stew 3oz Stew Beef 4oz Celery, Carrots & Onions ½ cup mashed potatoes 1pc Cornbread</p>	<p>10 3oz Stuffed Chicken (Broccoli and Cheese) 2 oz Supreme sauce ½ cup Mashed Butternut Congregate: Butternut soup to replace Butternut ½ cup Cauliflower</p>	<p>11 Two Compartment 3oz Ravioli 4 oz Creamy Tomato Sauce ½ c Zucchini & Summer Squash 1 pc Garlic Roll ½ cup mandarins</p>
<p>14. Senior Center Closed</p>	<p>15 Hot dog (LS Beef/pork) ½ cup baked beans ½ cup Corn & Peppers 1pc Hot dog roll 1pc Mustard 1pc Relish ½ cup Sliced Apples</p>	<p>16 3oz Pollock 2oz Garlic & Lemon Butter ½ cup Brown Rice ½ cup Creamed Spinach 1pc Vienna Bread ½ cup Gelatin</p>	<p>17 Birthday 1pc Bateman meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Green Beans 1pc Oat Bread</p>	<p>18 Two Compartment Chicken Parmesan 1pc Breaded Chicken 4oz Marinara Sauce 1oz Mozzarella Cheese On top of 4oz Pasta ½ cup Broccoli 1pc WW Bread ½ cup Mixed Fruit</p>
<p>21 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Green Beans 1 pc LS Wheat Bread ½ cup applesauce 1pc Cranberry Sauce</p>	<p>22 Two Compartment 3oz Chicken Strips 4oz Alfredo Sauce On top of ½ cup Pasta ½ cup Broccoli 1pc Oat Bread ½ cup Mixed Fruit</p>	<p>23 Special: Two Compartment 4oz Gnocchi with creamy sauce mushroom & Pork Sausage ½ Roasted Root Vegetables Or Roasted Butternut Squash 1pc Pumpkin Square (or pies)</p>	<p>24 1pc Cheese Omelet 1pc Turkey Link 1pc Roasted Potatoes ½ cup Honey Carrots 1pc Fruit Loaf ½ cup Yogurt 1pc Juice (no milk)</p>	<p>25 Two Compartment Beef Fajita 3oz Fajita Seasoned Sliced Beef 4oz Red & Green Peppers & Onions ½ cup Rice and Black Beans Congregate: Black Bean soup to replace Rice & Beans 1pc Tortilla ½ cup canned fruit</p>
<p>28 Two Compartment 9 oz Pork Fried Rice 2 oz Diced Pork, 1 oz scrambled eggs, ½ cup rice & 2oz peas & carrots ½ cup Asian Blend Veggies ½ cup Pineapple</p>	<p>29 Two Compartment 2pc Stuffed Shells 4 oz Marinara Sauce 1/2c Cauliflower Congregate: Caesar Salad to replace Cauliflower 1 pc Oat Bread ½ cup Applesauce 1pc Parmesan</p>	<p>30 3oz Grilled Chicken 2oz Greek Sauce (Spinach, Feta, Peppers, olives) ½ cup Orzo ½ cup Capri Blend 1pc MG Bread</p>	<p>31 Halloween: 1pc Salisbury Steak 2oz Mushroom Gravy ½ cup Mashed Potatoes ½ cup Beets 1pc WW Bread ½ cup Butterscotch Pudding</p>	

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

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 available 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.



Despite renovations, seniors were able to stay engaged, active and social with outings, crafts, gardening and of course bingo. Thank you for your continued patience and understanding during the construction period. This proves seniors can still adapt to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1. 9AM Podiatry</p> <p>9AM Mass Health with Claudia</p> <p>10:30AM Public Health Presentation on Bed Bugs</p> <p>10:30AM SAIL</p> <p>11:45AM Lunch</p> <p>12:30PM Yoga</p>	<p>2. 10:30AM Bingo</p> <p>11:45AM Lunch</p> <p>12:30PM Bingo</p> <p>1:30PM Horseracing</p> <p>2:30PM Rosh Hashanah Treat</p>	<p>3. 10AM Hispanic Heritage Event (Beverly)</p> <p>10AM Massage</p> <p>10:30AM SAIL</p> <p>11AM GLSS Graduation</p> <p>11:45AM Lunch</p> <p>12:30PM Décor Club</p>	<p>4. 10:30AM Game Day</p> <p>10:30AM Crafts</p> <p>11AM Garden Club</p> <p>11:45AM Lunch</p> <p>12:45PM Charades</p> <p>1:30PM Chorus Club</p>
<p>7. 10AM Topsfield Fair</p> <p>10:30AM Bingo</p> <p>11:45AM Lunch</p> <p>12:30PM Bingo</p> <p>1:30PM Horseracing</p>	<p>8. 10:30AM SAIL</p> <p>10:30AM Senior Chat Special Guest</p> <p>11:45AM Lunch</p> <p>12:30PM Yoga</p> <p>1:30PM Game Club</p>	<p>9. 10:30AM Bingo</p> <p>11:45AM Lunch</p> <p>12:30PM Bingo</p> <p>1:30PM Horseracing</p>	<p>10. 10AM Manicure</p> <p>10AM Casino</p> <p>10:30AM SAIL</p> <p>10:30AM Mystery Box Activity</p> <p>12:30PM Jeopardy</p>	<p>11. 10:30AM Hispanic Heritage Month Celebration</p> <p>11:45AM Lunch</p> <p>12:30PM Dance, Music and Trivia</p> <p>1:30PM Chorus Club</p>
<p>14. Senior Center Closed</p>	<p>15. 9AM Dentist</p> <p>10:30AM SAIL</p> <p>11:45AM Lunch</p> <p>12:30PM Yoga</p> <p>1:30PM Chorus</p>	<p>16. 10:30AM Bingo</p> <p>11:45AM Lunch</p> <p>12:30PM Bingo</p> <p>1:30PM Horseracing</p>	<p>17. 10AM Massage</p> <p>10:30AM SAIL</p> <p>11:45AM Lunch</p> <p>12:30PM-2:30PM Art with Sunil</p>	<p>18. 10:30AM Bingo</p> <p>11:45AM Lunch</p> <p>12:30PM Bingo</p> <p>1:30PM Horseracing</p>
<p>21. 10:30AM Bingo</p> <p>11:45AM Lunch</p> <p>12:30PM Bingo</p> <p>1:30PM Horseracing</p>	<p>22. 10:30AM Energy Save Presentation</p> <p>10:30AM SAIL</p> <p>11:45AM Lunch</p> <p>12:30PM Yoga</p> <p>1:30PM Game Club</p>	<p>23. 10AM Barber</p> <p>10:30AM Bingo</p> <p>11:45AM Lunch</p> <p>12:30PM Bingo</p> <p>1:30PM Horseracing</p>	<p>24. 10:30AM UMASS Presentation</p> <p>10:30AM SAIL</p> <p>11:45AM Lunch</p> <p>12:30PM Walk</p> <p>12:30PM-2:30PM Art with Sunil</p>	<p>25. 9AM Mass Health with Claudia</p> <p>10AM Rockport Outing</p> <p>11AM Garden Club</p> <p>11:45AM Lunch</p> <p>12:30PM Charades</p>
<p>28. 10:30AM Bingo</p> <p>11:45AM Lunch</p> <p>12:30PM Bingo</p> <p>1:30PM Horseracing</p>	<p>29. 10:30AM SAIL</p> <p>11:45AM Lunch</p> <p>12:30PM Yoga</p> <p>1:30PM Jeopardy</p>	<p>30. Halloween Contest and Trick or Treating</p> <p>10:30AM Bingo</p> <p>11:45AM Lunch</p> <p>12:30PM Bingo</p> <p>1:30PM Horseracing</p>	<p>31. 10AM Pedicure</p> <p>10:30AM SAIL</p> <p>11:45AM Lunch</p> <p>12:30PM-2:30PM Art with Sunil</p>	

Dental Note

Lynn based dentist will be here on **October 15th**
 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 1st 2024**
 Services include nail reduction and
 assessments . Individual insurances applied.

Beauty Service Update

Please note price increase for nail service
 Payments given directly to all vendors
Cancelation policy
 Cancel within 48 hours in advance. No call,
 no show will be required to pay 50% of the
 scheduled service

Senior Clubs

Senior Supper Club

Every 2nd Tuesday of the month from 3PM-5PM.
 Transportation not provided.

Garden Club 10 Person Limit

Plant, water and harvest seasonal crops. 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.

Photo Club 10 person Limit

Capture special memories for annual scrapbook



Barber Services

Cost \$10.00

Wednesday, October 23rd 10 AM



Manicure

Thursday, October 10th, 10 AM Cost \$12.00

Please notify us if you have gel polish upon registering.



Pedicure

Thursday, October 31st, 10 AM Cost \$23.00

Please notify us if you have gel polish upon registering.

Massage Services (45 minute sessions)

Thursday, October 3rd and 17th 10 AM

Cost \$15.00



Topsfield Fair (Topsfield, MA)- October 7th 10AM-2PM

24 slots available. *Please inform staff during registration if you utilize an electronic mobility device to request slot.*
 There is a \$15.00 fee for transportation and ticket. (Senior discounted tickets for \$10.00 only on this day)

Encore Casino (Everett MA)- Thursday October 10th 9AM-3PM

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

Valsos Restaurant (Located in Lynn, MA) - Thursday October 17th 11AM-1:30PM

12 slots available. *Please inform staff during registration if you utilize an electronic mobility device to request a slot.*
 There is a \$1.00 fee transportation.

Paper House Museum (Rockport, MA)- October 25th 10AM-2PM

12 slots available. *Please inform staff during registration if you utilize an electronic mobility device to request a slot.*
 There is a \$10.00 fee for ticket and transportation .

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.

Sign Up Section

Hispanic Heritage Event (Beverly, MA) October 3rd

(20 slots) Cost- Free 10:00AM-1:00PM

Seasonal Crafts, October 4th and 18th

(10 slots) Cost- \$2.00 10:30AM- 12:30PM

Supper Club Tuesday, October 8th

(30 slots) Cost- \$2.00 3PM-5 PM

Art with Sunil, Every Thursday October 17th

(30 slots) Cost- \$Free 12:30PM-2:30PM

**Trips and activities are subject to change **

Mass Heath Assistance

Tuesday October 1st and Friday October 25th
 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 12:30PM-1:15PM

Low impact class with weights, music and great movement. Please inquire by calling or stopping by to observe a class.



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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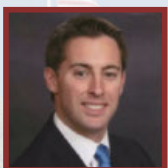
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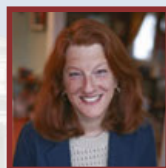
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