

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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NOVEMBER 2024

November Spotlight

Massachusetts Bay Transportation Authority

Ethan Finlan-MBTA representative
MBTA accessibility and applying for reduced fares
Tuesday November 5th, 10:30AM-11:45AM

Life Care Center of the Northshore

“Techniques & Tips for Safely Using Mobility
Equipment & Navigating Daily Movement”
Thursday November 7th 12:30PM

InSTEAD Health Services

In-home Care for Serious Medical Needs
Learn how to get urgent care treatment in the comfort
of your own home.
Friday November 8th 12:30PM

Lynn Safety Improvements Presents

Agnes Recato- Program Manager of
Bike To The Sea
Lynn Safety Action Plan Audit results
Friday November 15th 10:30AM

November Features

Veteran's Day Observance

Honoring all Senior Veterans and Family Members
Open mic for senior military service members
Friday November 8th 10:30AM

Lynn Senior Chat with Calvin

Antonia Guetterez
LYSOA, Outreach Advocate
Tuesday November 12th, 10:30AM

Assessors Office

Senior Tax Abatement Programs and Other Services
Clerk of the Year- Kenya Pena
Friday November 22nd, 10:30AM

Department of Public Health

Choking and Food Safety
Warning Signs and Prevention
Tuesday November 26th 10:30AM

Events

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

Thanksgiving Event (\$2.00) Thursday November 21st 10:30AM-1:30PM

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

November Observances and Closings

Tuesday November 5th , Election Day

Monday November 11th , Veteran's Day (Senior Center Closed)

Thursday November 28th, Thanksgiving Day (Senior Center Closed)

Friday November 29th, (Senior Center Closed)

STAFF DIRECTORY

Director of Elder Services
 Meegan Simpson-Best
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 Barbara Barker
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Reception
 Marge Harrington
 (781) 586-6879, Ext. 6504
 MHarring@lynnma.gov

Kitchen
 Vacant

Driver
 Jose Mieses

**Lynn City Hall
 Interpreters Schedule**

Spanish- Alan Juarez
 PH - (781) 506-3886
ajuarez@lynnma.gov
City Hall Hours

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
THUR: 10AM-3PM

Mayor's Message

As we approach November, a month filled with gratitude and celebration, I want to encourage our community to take a moment to appreciate the warmth of friendship and family. This is a significant time to connect with one another, celebrate our joys, and look forward to upcoming festivities. We hope that there will be numerous opportunities to embrace the fall season and embrace the spirit of thankfulness together at the Senior Center.

Sincerely,
 Mayor Jared C. Nicholson



Director's Message

I am deeply grateful for the unwavering support of the City of Lynn for the Lynn COA Senior Center. This support has led to a thriving Senior Center where Lynn seniors are valued and connected to their peers and community. Our mission is for Lynn seniors to feel: "Safe, Welcomed, Heard and Supported." Here at the Lynn Senior Center, our Seniors are connected and engaged. I want to extend a heartfelt thanks to all the family members and dedicated Caretakers, Case Workers, and Case Managers, whose compassion and tireless effort ensures that our Seniors receive the attention and care they deserve. Together with the city's commitment, and the Caretaker's devotion we create a "Family of unity for our Lynn Seniors" that makes a lasting difference in the lives of our Seniors, which fosters a community of kindness and support.

With love and gratitude
 Meegan Best, Director of Elder Services

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

Thanksgiving Word Search

S S D N E I R F S Q U A S H S L G P D
 Y R S R H A T E R R N S F A M I L Y I
 E P C S T U M H E D U T I T A R G M N
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Word List:

APPLE
 BASTE
 CORNUCOPIA
 DESSERT
 FAMILY
 GOBBLE
 HAM
 MAYFLOWER
 PUMPKIN
 POTATOES

PIE
 CELEBRATE
 CRANBERRY
 DELICIOUS
 FEAST
 GRATEFUL
 HARVEST
 MEAL
 PLYMOUTH
 SQUASH

AUTUMN
 THANKSGIVING
 CARVE
 DINNER
 FOOTBALL
 GRATITUDE
 HOLIDAY
 NOVEMBER
 PILGRIM
 WISHBONE

BAKE
 COOK
 COLONISTS
 FALL
 FRIENDS
 GRAVY
 LEFTOVERS
 PEACAN
 STUFFING
 TURKEY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Cold: ½ cup Tuna Salad ½ cup Garden Salad ½ cup Corn & Black Bean Salad 2 pc Vienna Bread 1pc Salad Dressing
4. Two Compartment 1 pc Lasagna 4 oz Alfredo Sauce ½ cup Zucchini & Summer Squash 1pc WW Bread ½ cup Mandarins 1 pkt Parmesan cheese	5. Two Compartment Turkey pot pie 3oz Diced Turkey ½ puff Pastry ½ cup peas and carrots 3oz sauce ½ cup Mashed potato 1pc Vienna Bread 1pc Fresh Fruit	6. Sausage & Peppers 1pc Pork Sausage 2oz Peppers and Onions ½ cup Tater Tots 1/2 cup Roasted Butternut 1pc Hot Dog Bun ½ cup Applesauce	7. 1pc Grilled Chicken 2oz Lemon Pepper Sauce ½ cup Broccoli Congregate: Cream of broccoli soup to replace broccoli ½ cup Rice Pilaf ½ cup Gelatin	8. Two Compartment Birthday American Chop Suey 3oz ground beef ½ cup pasta 4oz Tomato sauce ½ cup Brussels Sprouts 1pc WW Garlic Roll
11. <p style="text-align: center;">Veteran's Day No Meals Delivered</p>	12. 3 oz Grilled Chicken 2oz Apricot Sauce ½ cup Brown Rice ½ cup Beets ½ cup Mixed Fruit 1pc Oat Bread	13. 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 1pc Raisins No Margarine	14. Cold: ½ cup Egg Salad ½ cup Garden Salad ½ cup Tomato, White Bean & Quinoa Salad White Bean & vegetable soup to replace Quinoa 2pc Vienna Bread ½ cup Yogurt 1pc Menu Magic Dressing	15. Two Compartment Turkey Tetrazzini 3oz Diced Turkey ½ cup Pasta ½ cup sauce with onions, mushrooms & Peas ½ cup Carrots 1pc WW Dinner Roll
18. 3oz Pork & 2oz Apples ½ cup Sweet Potato tots ½ cup Brussels Sprouts 1pc WW Bread	19. Two Compartment Beef Stew 3oz Beef 2oz Peas 2oz Carrots ½ cup mashed potatoes 1pc Cornbread	20. Two Compartment Swedish Meatballs 3pc chicken meatballs 4 oz Swedish sauce ½ cup White Rice ½ cup Green Beans 1 pc Oat Bread ½ cup Pineapple	21. Special: 3oz Turkey on top of ¼ cup stuffing with 2oz Gravy 4oz Whipped Potatoes 4oz Mashed Butternut Squash 1pc Cranberry Sauce (congregate) 1pc Cranberry Packet 1pc Apple Pie	22. Two Compartment 3oz Ravioli 4 oz Creamy Tomato Sauce ½ c Zucchini & Summer Squash Caesar Salad to replace Zucchini 1 pc Garlic Roll ½ cup mandarins
25. 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	26. Hot dog (LS Beef/pork) ½ cup baked beans ½ cup cinnamon apples ½ cup Coleslaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	27. 3oz Unbreaded Pollock 2oz Garlic & Lemon Butter ½ cup Vegetable Rice ½ cup Garlic Spinach 1pc Vienna Bread	28. <p style="text-align: center;">Happy Thanksgiving No Meals Delivered</p>	29. <p style="text-align: center;">Happy Thanksgiving No Meals Delivered</p>



Pumpkin Apple Bread



TasteofHome.com 2024

Topping

1/2 cup sugar

1/3 cup all-purpose flour

1 tsp. ground cinnamon

1/4 cup cold butter

Prep: 30 min.

Bake: 50 min. + cooling

Makes: 2 loaves (16 pieces each)

3 cups-all purpose flour

2 tsp. baking soda

1 1/2 tsp. ground cinnamon

1 tsp. ground cloves

1 tsp. Ground nutmeg

3/4 tsp. salt

1/4 tsp. ground allspice

4 large eggs, room temperature

2 1/4 cups sugar

1 can (15oz.) pumpkin

3/4 canola oil

2 cups chopped peeled tart apples

1 cup golden raisins

1. In large bowl, combine the first 7 ingredients. In another large bowl, whisk eggs, sugar pumpkin and oil. Stir into dry ingredients just until moistened. Fold in apples and raisins. Transfer to 2 greased 9X5-in. loaf pans.
2. For topping, in small bowl, combine sugar, flour and cinnamon. Cut butter until mixture resembles coarse crumbs; sprinkle over each Loaf.
3. Bake at 350 degrees for 50-60 minutes or until a toothpick inserted in center comes out clean. Cool for 10 minutes before removing from the pans to wire racks.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. 10:30AM Game Day 10:30AM Crafts 11AM Garden Club 11:45AM Lunch 12:30PM Game Day 1:30PM Karaoke
4. 10:30AM Bingo 11:45AM Lunch 12:30PM Bingo 12:30 Décor Club 1:30PM Horseracing	5. 9AM Mass Health with Claudia 10:30AM MBTA Presentation 10:30AM SAIL 11:45AM Lunch 12:30PM Chair Yoga 1:30PM Chorus Club	6. 10:30AM Bingo 11:45AM Lunch 12:30PM Bingo 1:30PM Horseracing	7. 10AM Massage 10:30AM SAIL 10:30AM Trivia 11:45PM Lunch 12:30PM Life Care Center Presentation	8. 10:30AM Veteran and Family Appreciation Day 11AM Garden Club 11:45AM Lunch 12:30PM InStead Health Services Presentation 1:30PM Jeopardy
11. Veterans Day Senior Center Closed	12. 10AM Dentist 10:30AM Senior Chat 10:30AM SAIL 11:45AM Lunch 12:30PM Chair Yoga 1:30PM Chorus Club 3PM Supper Club	13. 10:30AM Bingo 11:45AM Lunch 12:30PM Bingo 1:30PM Horseracing	14. 10AM Manicure 9AM Casino Trip 10:30AM SAIL 11:45AM Lunch 12:30PM-2:30PM Art with Sunil 1:30PM Photo Club	15. 10:30AM Flaming Grill 10:30AM Bingo 11AM Garden Club 11:45AM Lunch 12:30PM Life Safety Improvements Presentation 1:30PM Bingo
18. 10:30AM Bingo 11:45AM Lunch 12:30PM Bingo 12:30PM Décor Club 1:30PM Horseracing	19. 10:00AM Fall Presentation (encore presentation) 10:30AM SAIL 11:45AM Lunch 12:30PM Chair Yoga 1:30PM Chorus Club	20. 10:30AM JFK Museum 10:30AM Bingo 11:45AM Lunch 12:30PM Bingo 1:30PM Horseracing	21. 10:30AM Thanksgiving Holiday Event 11:45AM Lunch	22. 9AM Mass Health with Claudia 10:30AM Lynn Assessors Department 11AM Garden Club 11:45AM Lunch 12:15PM Birthday Celebration 1:00PM Phoenix Baking
25. 10:30AM Bingo 11:45AM Lunch 12:30PM Bingo 1:30PM Horseracing	26. 10:30AM SAIL 10:30AM Public Health Presentation 11:45AM Lunch 12:30PM Chair Yoga 1:30PM Chorus Club	27. 10:30AM Bingo 11:45AM Lunch 12:30PM Bingo 1:30PM Horseracing	28. Thanksgiving Day Senior Center Closed	29. Senior Center Closed

Dental Note

Lynn based dentist will be here in **November 12th 2024**
All dental work i.e.(x-rays, dentures and fillings)
performed at office located at 291 Broadway, Lynn MA 01904 with

Podiatry Note

Lynn based podiatrist Dr. Fernandez will be coming
December 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

Photo Club 10 person limit

Capture special memories for annual scrapbook.

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 aca-
pella performances.

Décor Club 10 person limit

Help decorate for all seasons and events.



Barber Services

Cost \$10.00

Wednesday, November 20th, 10 AM



Manicure

Thursday, November 14th, 10 AM Cost \$12.00

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



Pedicure

Thursday, November 7th, 10 AM Cost \$23.00

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

Massage Services (45 minute sessions)

Thursday, November 7th

Cost \$15.00



The Brook Casino (Seabrook, NH) - Thursday November 14th 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 for transportation fee.

Flaming Grill Buffet (Located in Revere, MA) - Friday November 15th 10:30AM-1PM

20 slots available. *Please inform staff during registration if you utilize an electronic mobility device to request a slot.*

There is a \$2.00 for transportation fee.

JFK Museum (Boston, MA)- November 20th 10:30AM-1:00PM

12 slots available. *Please inform staff during registration if you utilize an electronic mobility device to request a slot.*

There is a \$12.00 for ticket and transportation fee.

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.

Mass Health Assistance

Tuesday November 5th and Friday November 22nd
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.

Sign Up Section

Seasonal Crafts- (Gobble Gobble) November 1st
(10 slots) Cost- \$2.00 10:30AM- 12:30PM

Supper Club Tuesday, November 12th
(30 slots) Cost- \$2.00 3 PM-5 PM

Seasonal Baking (Phoenix Kitchen) November 22nd
(10 slots) Cost- Free 1:00PM-3pm

Art with Sunil, Thursdays until December 26th 2024
***come join the camaraderie with fellow seniors and get creative with Art By Sunil. All levels welcomed. Step by step demonstration on painting. Safe, fun and social experience. Take home your works of art.** (30 slots) 12:30PM-2:30PM

****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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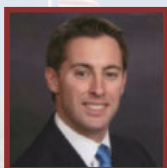
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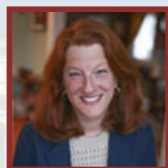
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617-722-1350



Rep. Peter Capano
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