

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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DECEMBER 2024

December Spotlight

Cybersecurity Awareness

Basics of internet safety/cybersecurity

Larry Hall will host interactive session

Tuesday December 3rd 10:30AM

Lynn Senior Chat with Calvin

Lynn Arts and Museum

Executive Director- Doneca Thurston-Chavez

Tuesday December 10th 10:30AM

Snowflake Extravaganza

No need for a shovel or snowblower

Making various designs of snowflakes

Thursday December 17th 10:30AM

New Year's Eve Senior Style

2024 Memories with photos and videos

Light refreshments and party favors

Tuesday December 31st 10:30AM

December Features

National Poinsettia Day

Help celebrate the holiday season

Inviting all seniors to dress in gold, red or green

Thursday Trivia December 12th 10:30AM

Greater Lynn Senior Services (GLSS)

Assisting seniors with DTA, housing, veterans benefits and more

Robin DeStefano-GLSS Casemanager

Tuesday December 17th 11AM-1PM (on site)

Department of Public Health

Presents: Healthy Winter Skin Care

Helpful tips and practices

Tuesday December 19th 10:30AM

Kwanzaa

Join us for a special presentation

Learn about this special holiday

Thursday December 26th 10:30AM

Events

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

Holiday Event (\$2.00) Monday December 23rd 10:30AM-1:30PM

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

December Observances and Closed

Wednesday December 25th, Christmas, **Senior Center Closed**

Wednesday December 26th, Hanukkah Begins

Thursday December 26th, **Kwanzaa begins**

STAFF DIRECTORY

Director of Elder Services

Meegan Simpson-Best
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MBest@lynnma.gov

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Head Clerk

Mabel De Leon
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Barbara Barker
(781) 586-6879
BBarker@lynnma.gov

Reception

Marge Harrington
(781) 586-6879, Ext. 6504
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

As we enter the final month of the year, December brings with it the spirit of togetherness and celebration. One highlight of the month is the City's annual City Halliday Festivities, which is a perfect opportunity to come together and spread joy. I look forward to joining in on the fun and hope you will be able to attend.

The City Halliday Festivities (Dec 3rd at 4pm) includes musical performances, a holiday tree lighting, and a local vendor fair at City Hall.

Sincerely,
Mayor Jared C. Nicholson

Director's Message

As we enter the last month of the year it gives us an opportunity to celebrate the many holiday traditions that are shared in the city of Lynn: These include Hanukkah, Feast of Our Lady Guadalupe, Kwanzaa, and Christmas. We are fortunate to live in a culturally inclusive community.

Where we can learn from each other and share traditions. Together we create a stronger community. It also gives us an opportunity to give a moment to thank those who have supported us throughout the year, especially caretakers for our seniors, the card writing correspondence group, the volunteers, those who have made donations of food, games, plants, and time, they have all helped grow the center and supported us in meeting our mission, of making Lynn Seniors feel, Safe, Welcomed, Heard, and Supported.

A special thank you to Joan Noble for her passion, service, and support of the Lynn COA, your legacy will continue.

Happy Holidays to all and to all a good Night.

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

Winter Wonderland

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Word List:

BELOWZERO
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 COCOA
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 FROZEN
 HIBERNATE
 JACKFROST
 SHIVER
 SLED
 SNOWSTORM

BLANKET
 CABINFEVER
 COLD
 FLURRIES
 GLOVES
 ICICLE
 MITTENS
 SHOVEL
 SLIPPERY
 SNOWSUIT

BLIZZARD
 CHILLY
 EARMUFFS
 FROSTY
 HAT
 ICY
 PLOW
 SKATING
 SNOW
 WINDY

BLUSTERY
 COATS
 FEBRUARY
 FROSTY
 HEATER
 JANUARY
 SCARF
 SKIING
 SNOWMAN
 WINTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. 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 (cong)</p>	<p>3. 1pc Cheese Omelet 1pc Turkey Sausage ½ cup Roasted Potatoes ½ cup Honey Carrots 1pc Muffin ½ cup Yogurt 1pc Juice (no milk)</p>	<p>4. Two Compartment 3oz Chicken Strips 4oz Alfredo Sauce On top of ½ cup Pasta ½ cup Broccoli 1pc WW Dinner Roll ½ cup Mixed Fruit</p>	<p>5. Hot dog (LS Beef/pork) ½ cup baked beans ½ cup cinnamon apples ½ cup Coleslaw 1pc Hot dog roll 1pc Mustard 1pc Relish</p>	<p>6. Two Compartment Beef Fajitas 3oz Seasoned sliced beef 4oz Red & Green Peppers & Onions ½ cup Rice and Black Beans Congregate: Black Bean soup to replace Rice & Beans 1pc Tortilla 1pc Cookie 1pc Sour Cream</p>
<p>9. 1pc Salisbury Steak 2oz Mushroom Gravy ½ cup Mashed Potatoes ½ cup Roasted Root Vegetables 1pc WW Bread</p>	<p>10. 3oz Grilled Chicken 2oz Greek Sauce (Spinach, Feta, Peppers, olives) ½ cup Orzo ½ cup Capri Blend 1pc MG Bread</p>	<p>11. Special: 3oz Ham 2oz Apple Glaze ½ cup Garlic Mashed Potatoes ½ Green Beans w/peppers ½ cup Mint Choc Mousse (or crushed candy cane)</p>	<p>12. 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</p>	<p>13. Cold: ½ cup Tuna Salad ½ cup Garden Salad ½ cup Northern Bean Salad 2pc Vienna Bread 1pc Salad Dressing</p>
<p>16. Two Compartment 1 pc Lasagna 4 oz Alfredo Sauce ½ cup Zucchini & Summer Squash 1pc WW Bread ½ cup Mandarins 1 pkt Parmesan cheese</p>	<p>17. 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</p>	<p>18. Two Compartment American Chop Suey 3oz Ground Beef ½ cup pasta 4oz Tomato sauce ½ cup Brussels Sprouts 1pc WW Garlic Roll ½ cup Gelatin</p>	<p>19. Birthday: 1pc Grilled Chicken 2oz Lemon Pepper Sauce ½ cup Broccoli ½ cup Rice Pilaf 1pc Birthday Cake 1pc Oat Bread</p>	<p>20. Sausage & Peppers 1pc Pork Sausage 2oz Peppers and Onions ½ cup Green beans 1/2 cup Roasted Butternut Congregate: Butternut Soup to replace butternut 1pc Hot Dog Bun ½ cup Applesauce</p>
<p>23. Sheppard's Pie 3oz Ground Beef & 2oz gravy ½ cup corn ½ cup mashed potatoes 1 pc Biscuit ½ cup Mixed Fruit</p>	<p>24. Fish Sandwich <u>4oz Potato Crunch Fish</u> ½ cup Mashed Sweet Potato ½ cup Apple Crisp 1pc WW Burger Bun ½ cup Latin Slaw 1pc Tarter Sauce No Margarine</p>	<p>25. Holiday No Meal</p>	<p>26. Hanukkah Two Compartment Turkey Tetrazzini 3oz Diced Turkey ½ cup Pasta ½ cup sauce with onions, mushrooms & Peas ½ cup Carrots 1pc WW Dinner Roll</p>	<p>27. Hanukkah 3 oz Grilled Chicken 2oz Apricot Sauce ½ cup Rice Pilaf ½ cup Broccoli 1pc Cookie 1pc Oat Bread</p>
<p>30. Hanukkah Swedish Meatballs 3pc chicken meatballs 4 oz Swedish sauce ½ cup Brown Rice ½ cup Green Beans 1 pc Oat Bread</p>	<p>31. Hanukkah Two Compartment 3oz Ravioli 4 oz Creamy Tomato Sauce ½ c Zucchini & Summer Squash 1 pc Garlic Roll ½ cup mandarins</p>			



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. 10:30AM Bingo 11:45AM Lunch 12:30PM Bingo 1:30PM Horseracing</p>	<p>3. 10:30AM Cybersecurity Awareness Presentation 11:45AM Lunch 12:30PM Chair Yoga 1:30PM SAIL 12:15PM Décor Club</p>	<p>4. 10:30AM Bingo 11:45AM Lunch 12:30PM Bingo 1:30PM Horseracing 1:30PM Photo Club</p>	<p>5. 10:30AM Update Information Day 10:30AM Word Game 10:30AM SAIL 11:45AM Lunch 12:30PM-2:30PM Art 1:30PM Chorus Club</p>	<p>6. 10:30AM Crafts 10:30AM Game Day 11:00AM Garden Club 11:45AM Lunch 12:30PM Game Day 1:30PM Karaoke</p>
<p>9. 10:30AM Bingo 11:45AM Lunch 12:30PM Bingo 1:30PM Horseracing</p>	<p>10. Dentist 10:30AM Senior Chat 11:45AM Lunch 12:30PM Chair Yoga 1:30PM SAIL 1:30PM Game Club 3pm Supper Club</p>	<p>11. Barber 10:30AM Bingo 11:45AM Lunch 12:30PM Bingo 1:30PM Horseracing 1:30PM Photo Club</p>	<p>12. Casino Trip 10:30AM Poinsettia Day Trivia 10:30AM SAIL 11:45AM Lunch 12:30PM-2:30PM Art 1:30PM Chorus Club</p>	<p>13. 10:30AM Game Day 11:00AM Applebee's Lunch Outing 11:00AM Garden Club 11:45AM Lunch 12:30PM Game Day 1:30PM Karaoke</p>
<p>16. 10:30AM Bingo 11:45AM Lunch 12:30PM Bingo 1:30PM Horseracing</p>	<p>17. 10:30AM Snowflake 11:45AM Lunch 12:30PM Chair Yoga 1:30PM SAIL 12:15PM Décor Club</p>	<p>18. 10:30AM Bingo 11:45AM Lunch 12:30PM Bingo 1:30PM Horseracing 1:30PM Photo Club</p>	<p>19. Salon Trip 10:30AM Public Health Presentation 10:30AM Library Tour Outing 10:30AM SAIL 11:45AM Lunch 12:30PM-2:30PM Art 1:30PM Chorus Club</p>	<p>20. 10:30AM Crafts 10:30AM Game Day 11:00AM Garden Club 11:00AM Loft Thrift Store 11:45AM Lunch 12:30PM Game Day 1:30PM Karaoke</p>
<p>23. Holiday Party With 50/50 raffle Sponsored by Lynn Friends of Council on Aging Music provided by: Memory Laners</p>	<p>24. Podiatrist 10:30AM Holiday Bingo 11:45AM Lunch 12:30PM Holiday Bingo 1:30PM Horseracing 1:30PM Game Club</p>	<p>25. Christmas Day Senior Center Closed</p>	<p>26. 10:30AM Kwanzaa Activity/Presentation 10:30AM SAIL 11:45AM Lunch 12:30PM-2:30PM Art 1:30PM Chorus Club</p>	<p>27. 10:30AM Bingo 11:00AM Garden Club 11:45AM Lunch 12:30PM Birthday Celebration 12:30PM Bingo 1:30PM Horseracing</p>
<p>30. 10:30AM Bingo 11:45AM Lunch 12:30PM Bingo 1:30PM Horseracing</p>	<p>31. 10:30AM Photo Club Presentation 11:45AM Lunch 12:30PM Chair Yoga performance 1:30PM SAIL</p>			

Dental Note

Lynn based dentist will be here in
December 10th 2024
 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
December 24th 2024
 Services include nail reduction and
 assessments . Individual insurances applied.

Beauty Service Update 9:30AM-11:30AM

Hair and Nail Services will now be provided by
 Lynn Technical School
 Reserve appointment by
Wednesday December 18th.
 One two way trip transportation will be
 provided to groups on **Thursday December 19th**

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 class
 calling or stopping by to observe a class.



Barber Services

Cost \$10.00

Wednesday, December 11th 10:00 AM

Tiger Style

LVTI Cosmetology Salon

Hair

- Shampoo/Condition Short \$2.00
- Shampoo/Condition Long \$2.00
- Shampoo/Roller Set \$8.00
- Shampoo/Blow Dry \$8.00
- Flat Iron (Straight) \$6.00
- Flat Iron (Curly) \$10.00+
- Scalp Treatment \$5.00
- Hot Oil Treatment \$7.00+

Nails

- Plain Manicure \$7.00
- Polish Change \$3.00

Hair Removal

- Eyebrow Wax \$5.00
- Eyebrow Tweeze \$6.00
- Lip Wax \$4.00
- Chin Wax \$4.00
- Face Wax \$12.00

Skin

- Basic Facial \$8.00
- Facial w/Mask \$10.00
- Make-up \$3.00

*Prices may vary

Tips are welcome

Telephone: 781 477-7204 Ext. 3249

Chair Yoga
 Positions



Foxwoods Casino (Mashantucket CT) - Thursday 12th December 6:15AM-5PM

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

There is a \$25.00 for transportation fee.

Applebee's Grill and Bar (Saugus, MA) - Friday December 13th 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 \$3.00 for transportation fee.

The Loft Thrift Store (Lynn, MA)- Friday December 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 \$1.00 for 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.
5. Assigned times for transportation determined by driver.



Mass Health Assistance

Tuesday December 3rd and December 20th
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

Sign Up Section

Seasonal Crafts- (Christmas Stockings) December 6th
(10 slots) Cost- \$2.00 10:30AM- 11:30PM

Seasonal Crafts-(Snow Globes) December 20th
(10 slots) Cost- \$2.00 10:30AM- 11:30PM

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

Seasonal Baking (Phoenix Kitchen) December 19th
(10 slots) Cost- Free 1:00PM-3pm

Lynn Library Tour December 19th (No Elevator Access)
(12 slots) Cost- Free 10:30AM-11:30AM

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.

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 acapella performances.

Décor Club 10 person limit

Help decorate for all seasons and events.

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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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

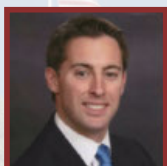
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- Nutrition
- Mobility and Safety
- Health Promotion
- 1:1 Supportive Counseling

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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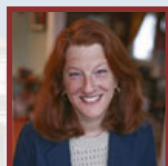
Sen. Brendan Crighton
617-722-1350



Rep. Peter Capano
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Rep. Daniel Cahill
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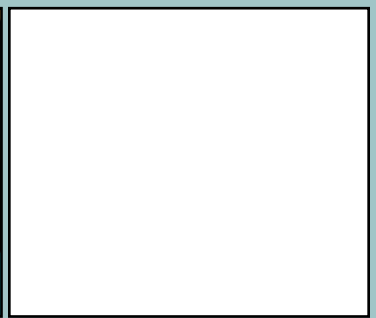
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