

# 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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## FEBRUARY 2025

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### February Spotlight

#### Lynn Parking Department

Parking laws, violations and fees  
Presenter-Director Jessica Chiappini  
Thursday February 6th 10:30AM

#### Super Bowl Spirit

Seniors invited to wear favorite team colors  
Join us for a fun day of football trivia  
Friday February 7th 10:30AM

#### Lynn Senior Chat with Calvin

The Skies and Lynn High Rock Observatory  
Presenter- Dr. Josh Judkins  
Tuesday February 11th 10:30AM

#### National Dental Month

Seniors and Dental Care  
Presenter- Dr. Peter Meaney  
Tuesday February 25th 10:30AM

### February Features

#### Mindful Movement and Meditation

Designed for relaxation, flexibility and mental clarity  
Heart-Mind Life program, by Ronald Hilderbrandt  
Thursday February 13th and 27th 10:30AM-11:30AM

#### Community Care Van Clinic

Blood pressure screening, care and education  
Diabetes screening, care and education  
Covid and Flu Vaccines  
Tuesday February 18th 9AM-12PM

#### Department of Public Health

American Heart Month  
Presenters: Mulika Champigny and Kitzia Diaz  
Tuesday February 18th 10:30AM

#### Greater Lynn Senior Services (GLSS)

Assisting seniors with DTA, veterans benefits , housing and more  
Robin DeStefano- GLSS Casemanager  
Tuesday February 18th 11AM-1PM

### Events

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

**Black History Celebration (\$2.00) Wednesday 12th 10:30AM-1:30PM**

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

#### February Observances and Closed

Groundhog Day Sunday February 2nd

Friday February 14th, St. Valentine's Day

Monday February 17th President's Day- Senior Center Closed

STAFF DIRECTORY

**Director of Elder Services**

Meegan Simpson-Best  
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MBest@lynnma.gov

**Program Manager**

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**Supportive Service Specialist**

Barbara Barker  
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BBarker@lynnma.gov

**Reception**

Marge Harrington  
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MHarring@lynnma.gov

**Kitchen Coordinator**

Ruthie Kachadoorian  
RKachadoorian@lynnma.gov

**Driver**

Jose Miseses

*Important Numbers*

<i>Spanish Interpreter- Alan Juarez</i>	PH - (781) 506-3886
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

**Mayor's Message**

Happy New Year! As 2024 comes to an end, I want to share that it is an honor to serve as your Mayor and I am excited to enter 2025 with an ambitious agenda to continue to drive the City forward. All that we have accomplished would not have been possible without the support of our community. Thank you to all who helped make our progress possible.

Sincerely,  
Mayor Jared C. Nicholson

Director's Message

**Reflection of Black History Month**

Black History is an integral component of American History, and Lynn has a rich history of contributions made by African Americans which have had a lasting impact to our nation. This history encompasses the innovation, spirit, eloquence, and perseverance of African Americans. I refer to the life of Frederick Douglass, who resided in Lynn from 1840 to 1845. During his time in Lynn, Douglas worked in a shoe factory and served as a guest speaker for the anti-slavery movement. He also authored and published his first autobiography, "Narrative of the Life of Frederick Douglass, an American Slave", which was released in 1845. Additionally, Douglas made history by desegregating the train from Lynn to Boston.

Another notable historical figure who resided in Lynn was Jan Matzeliger. His invention of the shoe-lasting machine was groundbreaking and revolutionized the shoemaking industry. 'His invention was issued Patent # 274,207 and directly contributed to the prosperity of Lynn; it transformed Lynn into the shoe capital of America.

In Lynn, we all weave the tapestry of America, which is a testament of our shared values and aspirations.

Love and gratitude,

Meegan Best,  
Director of Elder Services



## Valentine Words

E E O C D B T R A E H T E E W S H G R  
 O R J U N E R G B H G S M H R S T N A  
 E I R S P M A I C E T F Q E I O N I E  
 T S K U E I E R F A R N R R O S N L B  
 A E I O N N H D P I N K E R I P E R Y  
 L D S R D E D A E S O H E E D U C A D  
 O R S O E S D N S W C R E E T R S D D  
 C O E M A O D E Y A I B V E O R L H E  
 O S S A R S N N N M G O E M R S U G T  
 H E N E M R H D D D T T A L I E V O L  
 C S S S E I Y A I I V N T E O T C B F  
 O H G D N S T P O S C Z V A M V U F R  
 C U N M T E U N N E M B R A C E E Y E  
 H E L E R C D N O I T C E F F A D D D  
 T I E C E C A N D L E L I G H T P W V  
 A W E S D R I B E V O L T E U Q U O B  
 S S S R E W O L F K E J E W O R R A X  
 V E U D M C A R D S X F E B R U A R Y  
 R C B U R E H C Y E N O H E S R M K Z

## Word List:

ADORE  
 BELOVED  
 CANDY  
 CHOCOLATE  
 DESIRE  
 FEBRUARY  
 HEART  
 LOVE  
 RED  
 SWEETHEART

AFFECTION  
 BEMINE  
 CARDS  
 CUPID  
 DEVOTION  
 FLOWERS  
 HONEY  
 LOVEBIRDS  
 ROMANCE  
 SWEETS




AMOROUS  
 BOUQUET  
 CHERISH  
 DARLING  
 EMBRACE  
 FOURTEENTH  
 HUGS  
 PINK  
 ROSES  
 TEDDYBEAR

ARROW  
 CANDLELIGHT  
 CHERUB  
 DEAR  
 ENDEARMENT  
 FRIENDS  
 KISSES  
 POEM  
 SECRETADMIRER  
 TENDERNESS

# FEBRUARY REGULAR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3.</b></p> <p><b>Two Compartment</b></p> <p><b>7oz Chicken and Sausage Gumbo</b></p> <p>3oz diced Chicken and Sausage Crumbles</p> <p>4oz Veg&amp;Tomatoes (see recipe)</p> <p>½ cup white Rice</p> <p>1pc Biscuit</p>	<p><b>4.</b></p> <p><b>3 oz Yankee Pot Roast</b></p> <p>2 oz Brown Gravy</p> <p>½ cup Carrots</p> <p><b>Cong: Cream of Carrot Soup</b></p> <p>½ cup Mashed Potatoes</p> <p>1pc WW Bread</p> <p>½ cup Mixed Fruit</p>	<p><b>5.</b></p> <p><b>Two Compartment</b></p> <p><b>8oz Tuna Noodle Casserole</b></p> <p>3oz Tuna &amp; 5oz Penne Noodles with sauce with Peas</p> <p>½ cup Capri Blend</p> <p>1pc WW Dinner Roll</p>	<p><b>6.</b></p> <p><b>Two Compartment</b></p> <p>8oz Turkey Chili</p> <p>3oz ground Turkey</p> <p>5 ounce White Beans &amp; Veggies</p> <p>½ cup Green Beans</p> <p>1pc MG Bread</p>	<p><b>7.</b></p> <p><b>1pc Broccoli &amp; Cheese Egg Bake</b></p> <p>½ cup Roasted Potatoes</p> <p>½ cup Beets</p> <p>1pc Fruit Loaf or muffin</p> <p>1pc Yogurt</p> <p>1pc Juice (no milk)</p> <p>1pc Ketchup</p>
<p><b>10.</b></p> <p><b>Beef Burgundy</b></p> <p>3oz Beef</p> <p>4oz Burgundy Sauce with mushrooms</p> <p>½ cup Mashed Potatoes</p> <p>½ cup Broccoli</p> <p>1pc MG Bread</p> <p>½ cup Mixed Fruit</p>	<p><b>11. 1 Hot dog (LS Beef/pork)</b></p> <p>½ cup baked beans</p> <p>½ warm Cinnamon Apples</p> <p>½ cup Latin Slaw</p> <p>1pc Hot dog roll</p> <p>1pc Mustard</p> <p>1pc Relish</p>	<p><b>12. Cold:</b></p> <p><b>3oz Turkey &amp; Cranberry Salad</b></p> <p>½ cup Garden Salad</p> <p>½ cup Butternut Salad</p> <p>½ pc Pita Bread</p> <p>1pc Menu Magic Dressing</p> <p>1pc Fresh Fruit (orange)</p>	<p><b>13. Special: Two Compartment</b></p> <p><b>Congregate: Shrimp Scampi</b></p> <p><b>HDM: Chicken Scampi (strips) 4oz cavatappi 4oz sauce, parsley</b></p> <p>4oz Capri Blend Vegetables</p> <p>½ cup Chocolate Berry Mousse</p>	<p><b>14. Two Compartment</b></p> <p>12oz Pasta Fagioli: 8oz of White beans &amp; Navy Beans, 4oz carrots, celery, tomatoes, spinach, ditalini Pasta</p> <p>½ c Cauliflower</p> <p>1 pc Oat Bread</p> <p>1pc Brownie cookie</p>
<p><b>17.</b></p> <p><i>No Meals Served</i></p> <p><b>SENIOR CENTER CLOSED - PRESIDENT'S DAY</b></p>	<p><b>18. 5oz Turkey A la King with mushrooms</b></p> <p>½ cup Parmesan Risotto</p> <p>½ cup Corn</p> <p>1pc MG Bread (HDM)</p> <p><b>1pc Biscuit (Congregate)</b></p> <p>½ c Pineapple</p>	<p><b>19. 1pc Grilled Chicken Strips</b></p> <p>2oz Citrus &amp; Fennel Sauce</p> <p>½ cup Roasted Sweet Potatoes</p> <p>½ cup Broccoli</p> <p>½ cup tapioca pudding</p>	<p><b>20. Birthday</b></p> <p><b>Two Compartment</b></p> <p>Guinness Beef Stew</p> <p>3oz Beef</p> <p>2oz Celery</p> <p>2oz Carrots</p> <p>½ cup mashed potatoes</p> <p>1pc Cupcake</p>	<p><b>21. Two Compartment</b></p> <p>1 pc Breaded Eggplant</p> <p>4 oz Marinara Sauce</p> <p>1oz mozzarella Cheese</p> <p>½ cup Pasta</p> <p>½ cup Zucchini &amp; Summer Squash</p> <p><b>Cong: Caesar Salad for instead of the zucchini</b></p> <p>1pc WW Dinner Roll</p>
<p><b>24. 3 oz Sliced Turkey</b></p> <p>2 oz gravy</p> <p>½ cup Mashed potato</p> <p>½ cup Green Beans</p> <p>1 pc LS Wheat Bread</p> <p>½ cup Applesauce</p>	<p><b>25. 1pc Cheese Omelet</b></p> <p>1pc Turkey Sausage</p> <p><b>Congregate 2pc sausage if link</b></p> <p>1pc Roasted Potatoes</p> <p>½ cup Honey Carrots</p> <p>1pc Muffin</p> <p>½ cup Yogurt</p> <p>1pc Juice (no milk)</p> <p>1pc Ketchup</p>	<p><b>26. Two Compartment</b></p> <p><b>American Chop Suey</b></p> <p>3oz beef</p> <p>½ cup pasta</p> <p>4oz Tomato sauce</p> <p>½ cup Zucchini</p> <p>1pc WW Garlic Roll</p> <p>½ cup mandarins</p>	<p><b>27. 3 oz Stuffed Chicken</b></p> <p><b>Cordon Bleu with Ham</b></p> <p>2 oz Supreme sauce</p> <p>½ cup Roasted Butternut</p> <p><b>Cong: Cream of Butternut to replace butternut</b></p> <p>½ cup Beets</p> <p>1 slice MG bread</p>	<p><b>28.</b></p> <p><b>Fish Sandwich</b></p> <p>3oz Breaded Pollock</p> <p>½ cup Mixed Vegetables</p> <p>½ cup Fruit Crisp</p> <p>1pc Burger Bun</p> <p>½ cup Garden Salad</p> <p>1pc tarter sauce</p> <p>1pc Dressing</p> <p><b>No Margarine</b></p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3.</b> 10:30AM- Bingo 11:45AM- Lunch 12:30PM- Bingo 1:30PM- Horseracing</p>	<p><b>4.</b> <b>9AM- Mass Health Claudia</b> 9:30AM- SAIL <b>10:30AM- Chorus Performance</b> 10:30AM -Bingocize 11:45AM- Lunch 12:30PM- Chair Yoga 1:30PM Gaming Club</p>	<p><b>5.</b> <b>10AM Barber</b> 10:30AM- Bingo 11:45AM- Lunch 12:30PM- Bingo 1:30PM- Horseracing</p>	<p><b>6.</b> 10:30AM- SAIL <b>10:30AM- Lynn Parking Department</b> 11:45AM- Lunch 12:30PM- Décor Club 1:30PM- Chorus Club</p>	<p><b>7.</b> <b>10AM- Public Health Blood pressure and weight screenings</b> 10:30AM- Super Bowl Spirit Day 10:30AM- Bingocize 10:30AM- Game Day 11:45AM- Lunch 12:30PM- Game Day 1:30PM Charades</p>
<p><b>10.</b> 10:30AM- Bingo 11:45AM- Lunch 12:30PM- Bingo 1:30PM- Horseracing</p>	<p><b>11.</b> <b>10AM- Poetry Reading by L. Roberts</b> 10:30AM -Bingocize 10:30AM- Senior Chat 11:45AM- Lunch 12:30PM- Chair Yoga 1:30PM Gaming Club <b>3PM Supper Club</b></p>	<p><b>12.</b> <b>10:30AM-1:30PM</b>  <b>Annual Black History Fashion Show</b></p> 	<p><b>13.</b> <b>9AM Casino</b> <b>9:30AM Lynn Tech Salon Services</b> <b>10:30AM-Meditation and Mindfulness</b> 11:45AM- Lunch 12:30PM- Décor Club 1:30PM-Chorus Club</p>	<p><b>14.</b> 10:30AM- Bingo 10:30AM-Bingocize 11:45AM- Lunch 12:30PM- Bingo 1:30PM- Horseracing  Valentine's Day!</p> 
<p><b>17.</b>  <b>President's Day Senior Center Closed</b></p> 	<p><b>18.</b> <b>9AM-12PM Community Van</b> 9:30AM- SAIL <b>10:30AM Department of Public Health</b> 10:30AM -Bingocize <b>11AM-1PM GLSS</b> 11:45AM- Lunch 12:30PM- Chair Yoga 1:30PM Gaming Club</p>	<p><b>19.</b> 10:30AM- Bingo 11:45AM- Lunch 12:30PM- Bingo 1:30PM- Horseracing</p>	<p><b>20.</b> 10:30AM- SAIL 10:30AM- Movie Day <b>11AM- Lunch Outing Big Chicken</b> 11:45AM- Lunch 12:30PM- Décor Club 1:30PM-Chorus Club</p>	<p><b>21.</b> <b>9AM- Mass Health with Claudia</b> 10:30AM- Bingo 10:30AM-Bingocize 11:45AM- Lunch 12:30PM- Bingo 1:30PM- Horseracing</p>
<p><b>24.</b> 10:30AM- Bingo 11:45AM- Lunch 12:30PM- Bingo 1:30PM- Horseracing</p>	<p><b>25.</b> <b>9AM Dentist</b> 9:30AM- SAIL <b>10:30AM Dental Month Presentation</b> 10:30AM -Bingocize 11:45AM- Lunch 12:30PM- Chair Yoga 1:30PM Gaming Club</p>	<p><b>26.</b> 10:30AM- Bingo 11:45AM- Lunch 12:30PM- Bingo 1:30PM- Horseracing</p>	<p><b>27.</b> 10:30AM-SAIL <b>10:30AM-Meditation and Mindfulness</b> 11:45AM-Lunch 12:30PM-Décor Club 1:30PM- Chorus Club</p>	<p><b>28.</b> <b>Monthly Birthday Celebration</b> 10:30AM- Game Day 10:30AM- Bingocize 11:45AM- Lunch 12:30PM- Games 1:30PM- Karaoke</p>

Dental Note

Lynn based Dr. Meaney will be here on **Tuesday February 25th 2025 @ 9:00am**  
 All dental work i.e.( x-rays, dentures and fillings) performed at office located at 291 Broadway, Lynn MA 01904 with individual insurances.



Barber Services

Cost \$10.00

Wednesday, February 5th 10:00 AM

Podiatry Note

Dr. Fernandez a Lynn based Podiatrist will be coming to the Center in **February 2025**  
 Please look in next months newsletter for the date.

*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+
Hair Cut	\$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

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

Hair and Nail Services will now be provided by Lynn Technical School

**Confirm appointments by**  
**Wednesday February 12th.**

One round trip transportation per month  
**Thursday February 13th**

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

Please ensure that you register for this class.

Cost **\$2.00** per class

Chair Yoga  
 Positions



The Brook Casino (Seabrook, NH)- Thursday February 13th 10AM-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.

Big Chicken (Peabody, MA)- Friday February 21st 11AM-1PM

20 slots available. *Please inform staff during registration if you utilize an electronic mobility device to request a slot.* There is a \$5.00 for transportation fee.

\* Bingocize (New Program ) Designed for seniors. Ties nutrition and exercise with fun games of bingo with prizes. 15 slots available.

No Cost Offered Tuesdays and Fridays 10:30AM-11:30AM in both English and Spanish

**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 Heath Assistance**

Tuesday February 4th and Friday February 21st  
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 Baking– Friday February 7th  
(10 slots) Cost– Free 10AM-12PM

Seasonal Crafts– Friday February 7th  
(10 slots) Cost- \$2.00 10:30AM– 11:30PM

Supper Club- Tuesday February 11th  
(30 slots) Cost- \$2.00 3PM-5 PM

Seasonal Crafts– Friday February 28th  
(10 slots) Cost- \$2.00 10:30AM– 11:30PM

Chair Yoga February 4th, 11th, 18th and 25th  
(20 slots) Cost- \$2.00. Can pay in advance for future classes

*All trips and activities are subject to change*

**Senior Clubs**

**Photo Club 10 person limit**

Capture special memories for annual scrapbook.

**Garden Club 10 person limit (will resume in March 2025)**

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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GOLD STANDARD FOR LONG TERM CARE



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Ileana Vasquez

[ivasquez@lpicommunities.com](mailto:ivasquez@lpicommunities.com)  
(800) 888-4574 x3105

## 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

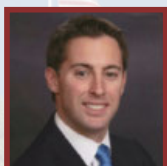
### Achieving better health and well-being

- Wellness assessments
- Medication review and education
- Nutrition
- Mobility and Safety
- Health Promotion
- 1:1 Supportive Counseling

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

MGH INSTITUTE OF HEALTH PROFESSIONS  
Charlestown Navy Yard, 2 Constitution Wharf, Boston, MA 02129

## SUPPORTING LYNN'S SENIORS



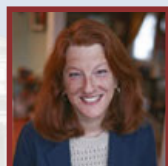
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617-722-1350



Rep. Peter Capano  
617-722-2020



Rep. Daniel Cahill  
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Rep. Jenny Armini  
617-722-2140



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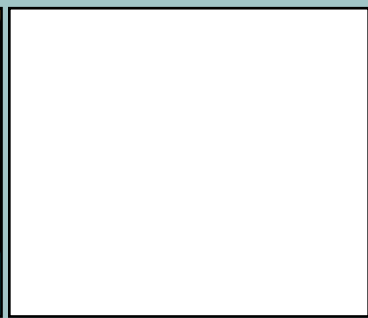
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