

# 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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## MARCH 2025

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### March Spotlight

#### Lynn Parking Department

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

#### Lynn Senior Chat with Calvin

Department of Inspectional Services  
Presenter- Zosia Vanmeter  
**Tuesday March 11th 10:30AM**

#### Food As Medicine Presentation

An introduction to the food as medicine approach to Physical and emotional health management. Learn how diet is connected to our overall health and wellbeing  
Presenter- Lynn O'Neal, LMHC, CIMHP  
**Tuesday March 25th 10:30AM**

#### Live Guitar Music by Matt York

Enjoy live music and sing along with familiar tunes  
**Friday March 28th 12:30AM**

### March Features

#### Community Care Van Clinic

Blood pressure screening, care and education  
Diabetes screening, care and education  
Covid and Flu Vaccines  
**Tuesday March 11th 9AM-12PM**

#### Mindful Movement and Meditation

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

#### Department of Public Health

Women's History Month  
Presenters: Mulika Champigny and Kitzia Diaz  
Spanish Translator: Damianny Garrido  
**Tuesday March 18th 10:30AM**

#### Greater Lynn Senior Services (GLSS)

Assisting seniors with DTA, veterans benefits , housing and more  
Robin DeStefano- GLSS Case manger  
**Tuesday March 18th 11AM-1PM**

### Events

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

**St. Patrick's Day Event (\$3.00) Friday March 14th 10:30AM-1:30AM**

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

#### March Observances and Closings

Daylight Savings Time Sunday March 9th  
St. Patrick's Day Monday March 17th

STAFF DIRECTORY

**Director of Elder Services**  
 Meegan Simpson-Best  
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 BBarker@lynnma.gov

**Reception**  
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 MHarrington@lynnma.gov

**Kitchen Coordinator**  
 Ruthie Kachadoorian  
 RKachadoorian@lynnma.gov

**Driver**  
 Jose Mieses

Mayor's Message

Happy Women's History Month, Lynn!

Annually, Women's History Month allows us to reflect on the significant contributions and legacies of women and girls. Throughout time, women have helped build, shape, and improve both our country and our city. And oftentimes, such contributions were in the face of hardship and discrimination. Their efforts and stories often go untold or are less highlighted—especially BIPOC women and immigrant women who have always had a large part in strengthening America across generations.

As we pay tribute to women from the past to the present, we must acknowledge how their work unveils the endless possibilities of women, no matter their background. Thank you for the opportunity.

Sincerely,  
 Mayor Jared Nicholson

Director's Message

The mission of Lynn COA is for Lynn Seniors to feel Safe, Welcome, Heard, and Supported. Everything we do comes back to our Mission Statement. Our focus is on wellness both physically and emotionally, we do this by developing programming around: health, exercises, nutrition, and fun.

Our core programming includes: three group outings per month, which includes: a trip to a casino. Monthly presentations from the Lynn Department of Public Health. On the second Tuesday of the month, we have "Senior Chat with Calvin". Some of our previous guest speakers include: Director of Massachusetts AARP, Jen Benson, weatherman Harvey Leonard, and Dr. Joshua Judkins from Lynn High Rock Observatory. These "chats" share insight and expertise on topics that are relevant for our seniors, this is always followed up with a spirited Q and A.

Additionally, we support our Seniors' nutrition by providing breakfast and lunch Monday through Friday. Meal times for breakfast are from 9:15a.m. to 10:15a.m. and lunch from 11:45a.m. to 12:15p.m. Suggested donation per meal is \$2. We use the last Friday of each month to acknowledge and celebrate birthdays.

Our exercise program includes: Morning stretch with Tania, Chair yoga, in conjunction with several exercise programs that are supported by Greater Lynn Senior. These include: SAIL (Staying Active and Independent, Living) walking group, and a matter of Balance. We have two new programs to support the body and mind. These are Mindful Meditation and Movement and Bingocize. Mindful Meditation combined gentle movement and meditation. "Bingocize" is a program through UMASS School of Nutrition. It combines bingo and exercise. These programs combine education and fun.

I invite you to spring forward and come down to register for programming at the Lynn Senior Center. Registration is available in person.

With gratitude,  
 Meegan Best,  
 Director of Elder Services

*Important Numbers*

<b>Spanish Interpreter- Alan Juarez</b>	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

## Celebrate St. Paddy's Day!

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 E A N E R B S R T M R M C X A E T O E  
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### Word List:

BAGPIPE

CASTLE

CHEER

DANCE

GREEN

IRELAND

LEPRECHAUN

MUSIC

SAINTPATRICK

TOPHAT

BLARNEY

CELEBRATE

CLOVER

DRINKING

GREENBEER

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TRADITION

CABBAGE

CHARM

CORNEDBEEF

FOLKLORE

HOLIDAY

KISS

MARCH

RAINBOW

SNAKES

WISH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> 3oz Pork  <b>3oz Chicken Strips (GLSS)</b>                      2oz Sweet and Sour Sauce                      4oz Vegetable Lo Mein                      ½ cup Green Beans                      1pc Dinner Roll                      ½ cup Pineapple</p>	<p><b>4</b> 1pc meatloaf                      (1.5oz beef &amp; 1.5oz turkey)                      2 oz Gravy                      ½ cup Mashed Potatoes                      ½ cup Peas &amp; pearl onions                      1pc Oat Bread</p>	<p><b>5 Ash Wednesday</b>                      4oz Baked Pollock                      2oz Creamy Parmesan Sauce                      ½ cup Rice Pilaf                      ½ cup Brussels Sprouts                      1pc WW Bread                      ½ cup Applesauce                      1pc Lemon Packet</p>	<p><b>6</b> 1pc Breaded Chicken                      2oz Marry Me Sauce                      ½ cup Quinoa                      ½ cup Capri Veg                      1pc Vienna Bread                      1pc Mandarins</p>	<p><b>7 Lent Two Compartment</b>                      3pc Cheese Ravioli                      4oz Lemon Basil Butter Sauce                      4oz Garlic Spinach  <b>Congregate: Spinach Salad with Mandarins with Balsamic</b>                      ½ cup Chocolate Pudding</p>
<p><b>10</b>                      3oz Baked Ham                      2oz brown sugar glaze                      4oz Mashed Sweet Potatoes                      ½ cup Cauliflower                      1pc Low Sodium Wheat Bread                      ½ cup canned fruit</p>	<p><b>11 Chicken Fajitas</b>                      3oz Grilled Chicken Strips                      2oz Peppers &amp; Onions                      ½ cup Brown Rice                      ½ cup Black Beans                      1pc Tortilla                      ½ cup gelatin  <b>No Margarine</b></p>	<p><b>12 Special</b> 3oz Corned Beef with                      2oz Au Jus on top of                      1pc wedged cabbage                      4oz Carrot &amp; cubed turnip blend                      4oz Steamed Potatoes &amp; parsley                      1pc Mint Brownie (no frosting)</p>	<p><b>13 Meatball Sub</b>                      3 oz Chicken Meatballs                      2 oz Marinara Sauce                      ½ cup Corn                      ½ cup Tater Tots                      1pc Sub Roll                      ½ cup Mandarins</p>	<p><b>14 Two Compartment</b>                      10oz macaroni and cheese                      ½ cup Peas                      1 slice Oat Bread</p>
<p><b>17 Two Compartment</b>                      8oz Ground Turkey &amp; white Bean Chili                      ½ cup Green Beans  <b>Congregate: Garden Salad with Ranch Dressing</b>                      1pc MG Bread                      ½ cup Applesauce</p>	<p><b>18 Two Compartment</b>                      8oz Chicken &amp; Sausage Gumbo                      ½ cup white Rice                      1pc Biscuit                      ½ cup canned fruit</p>	<p><b>19 Two Compartment</b>                      8oz Tuna &amp; Noodle Casserole with peas                      ½ cup Capri Blend                      1pc WW Dinner Roll</p>	<p><b>20 Birthday</b>                      3 oz Yankee Pot Roast                      2 oz Brown Gravy                      ½ cup Carrots                      ½ cup Mashed Potatoes                      1pc WW Bread</p>	<p><b>21 Lent</b> 1pc Broccoli &amp; Cheese Egg Bake                      ½ cup Roasted Potatoes                      ½ cup Beets                      1pc Fruit Loaf                      1pc Yogurt                      1pc Juice (no milk)</p>
<p><b>24 Two Compartment</b>                      Chicken pot pie                      3oz chicken                      Puff Pastry (Congregate)                      ½ cup peas and carrots                      3oz sauce                      ½ cup Mashed potato                      1pc Biscuit (HDM)                      1pc Dinner Roll (Congregate)</p>	<p><b>25 Two Compartment</b>                      Beef Stroganoff                      3oz Beef                      4oz Stroganoff Sauce                      ½ cup Egg noodles                      ½ cup Broccoli                      1pc MG Bread                      ½ cup Pudding</p>	<p><b>26 Cold:</b> 4oz Turkey &amp; Cranberry Salad                      ½ cup Garden Salad                      ½ cup Butternut Salad  <b>Congregate: Butternut Soup to replace butternut salad</b>                      ½ pc Pita Bread                      1pc Menu Magic Dressing                      1pc Fresh Fruit (orange)  <b>No Margarine</b></p>	<p><b>26 Cold:</b> 4oz Turkey &amp; Cranberry Salad                      ½ cup Garden Salad                      ½ cup Butternut Salad                      Congregate: Butternut Soup to replace butternut salad                      ½ pc Pita Bread                      1pc Menu Magic Dressing                      1pc Fresh Fruit (orange)                      No Margarine</p>	<p><b>28 Lent Two Compartment</b>                      12oz Pasta Fagioli: 8oz of White beans &amp; Navy Beans, 4oz carrots, celery, tomatoes, spinach, ditalini Pasta                      ½ c Cauliflower                      1 pc Oat Bread                      1pc Brownie cookie</p>
<p><b>31</b> 3oz Pork                      2oz Honey Garlic Sauce                      ½ cup Brown Rice                      ½ cup Brussels Sprouts                      1pc Vienna Bread</p>				



**National Pie Month**– pie making contest



**Black History Month** –fashion show with Mayor Nicholson and poetry reading by Learn Roberts

**National Heart Month**—Public Health Dept.

**Décor Club:** Made centerpieces

**Bingocize and Meditation and Movement**

**Décor Club making centerpieces for February**

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-Red Cross Presentation</b> 11:45AM- Lunch 12:30PM- Chair Yoga 12:30PM- Matter of Balance 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- Department of Parking</b> 11:45- Lunch 12:30PM Décor Club 12:30PM- Matter of Balance 1:30PM Chorus Club</p>	<p><b>7.</b> <b>10AM- Public Health Screenings</b> <b>10:30AM- Crafts</b> 10:30AM- Game Day 11:45AM- Lunch 12:30PM- Game Day 1:30PM- Karaoke</p>
<p><b>10.</b> <b>11AM Lunch Outing Essex Agricultural Café</b> 10:30AM- Bingo 11:45AM- Lunch 12:30PM-Bingo 1:30PM- Horseracing</p>	<p><b>11.</b> <b>10:30AM- Senior Chat</b> 11:45AM-Lunch 12:30PM- Chair Yoga 12:30PM-Matter of Balance 1:30PM- Gaming Club <b>3pm Supper Club</b></p>	<p><b>12.</b> 10:30AM- Bingo 11:45AM- Lunch 12:30PM-Bingo 1:30PM- Horseracing</p>	<p><b>13.</b> <b>9AM- Casino</b> <b>9:30AM- Lynn Tech Salon Services</b> 10:30AM- Sail <b>10:30AM- Meditation and Mindfulness</b> 11:45AM-Lunch 12:30PM-Matter of Balance 1:30PM Décor Club</p>	<p><b>14.</b> <b>St. Patrick's Day Event</b> <b>10:30AM-1:30PM</b></p> <div style="text-align: center;">  </div>
<p><b>17.</b> 10:30AM- Bingo 11:45AM- Lunch 12:30PM-Bingo 1:30PM- Horseracing</p> <div style="text-align: center;">  </div>	<p><b>18.</b> <b>9AM- Podiatry</b> 9:30AM- Sail <b>10:30AM- Public Health Presentation</b> 12:30PM- Chair Yoga 12:30PM-Matter of Balance 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 <b>10:30AM- Spring Stretching with Teri</b> 11:45AM- Lunch 12:30PM-Matter of Balance 1:30PM- Chorus Club</p>	<p><b>21.</b> <b>9AM Mass Health Claudia</b> <b>10:30AM- Crafts</b> 10:30AM- Game Day 11:45AM- Lunch 12:30PM- Game Day 1:30PM- Karaoke</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- GLSS Nutrition Presentation</b> 11:45AM- Lunch 12:30PM- Chair Yoga 12:30PM- Matter of Balance 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- Matter of Balance 1:30PM-Chorus Club</p>	<p><b>28.</b> <b>Birthday Celebration</b> 10:30AM- Game Day 11:45AM- Lunch <b>12:30PM-Music with Matt York</b> 1:30PM- Game Day</p>
<p><b>31.</b> 10:30AM- Bingo 11:45AM- Lunch 12:30PM-Bingo 1:30PM- Horseracing</p>				

Dental Note

Lynn based Dr. Meaney will be here on  
**Tuesday March 25th @ 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, March 5th 10:00 AM**

Podiatry Note

Dr. Fernandez is a Lynn based Podiatrist and will be  
 coming to the Center on  
**Tuesday March 18th @ 9:00AM**  
 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 March 12th.**  
 One round trip transportation per month  
**Thursday March 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 March 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.

Essex North Shore Agricultural & Technical School Lunch (Danvers, MA)- Monday March 10th 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.

Matter of Balance. Seniors who are concerned about falling, who have fallen in the past or restricted due to falling, this workshop is for you.

10 slots available.

**No Cost.** Offered Tuesdays and Thursdays 12:30PM-1:30AM for the month of March 2025.

Transportation Services

Please reserve transportation needs on the scan kiosk located at the center or call to reserve with a staff member (781) 586-6879

Cancel or reserve rides 24 hours in advance. Same day requests for pick not allowed.

(Monday rides are reserved by Friday 3pm)

1. Shopping carts allowed on Thursdays only.

If seniors access items on other days, they are responsible to carry and transport.

**No items over 10 pounds.**

2. Seatbelts remain fastened at all times.

3. No food/beverage are to be consumed in vehicle.

4. Phone calls are for emergencies only.

5. No smoking or vaping in City vehicles.

**\*On-going violations may result in temporary suspension of transportation service.**

Sign Up Section

**Seasonal Crafts– Friday March 7th**

(10 slots) Cost- **\$2.00** 10:30AM– 11:30PM

**Supper Club- Tuesday March 11th**

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

**Seasonal Crafts– Friday March 21th**

(10 slots) Cost- **\$2.00** 10:30AM– 11:30PM

**Chair Yoga March 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.**

Mass Heath Assistance

Tuesday March 4th and Friday March 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**



### 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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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.

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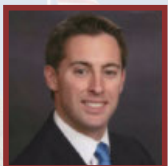
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## SUPPORTING LYNN'S SENIORS



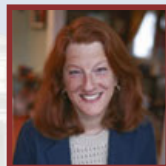
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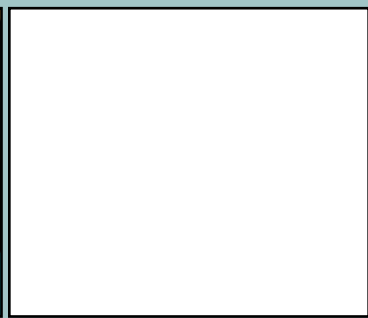
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