

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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APRIL 2025

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April Spotlight

Senior Mystery Box

Seasonal activity

Promotes creativity, socialization and fun

Seniors compete for 1st, 2nd, 3rd place prizes

Thursday April 3rd 10:30AM

Lynn Senior Chat with Calvin

Emerging etiquette of Pronouns

Presenter- Calvin Anderson

Tuesday, April 8th 10:30AM

Caption Call Life is Calling

For seniors with hearing loss

Learn about functions and improving conversations

Presenter- John Harfoush

Tuesday, April 15th 10:30AM

Lynn Community Connections Coalition

Learn about new resource program in Lynn

Presenter: Jesse Warren

Tuesday, April 22nd 10:30AM

April Features

Mindful Movement and Meditation

Designed for relaxation, flexibility and mental clarity

Heart-Mind Life program, by Ronald Hilderbrandt

Thursday, April 10th and April 24th 10:30AM-11:30AM

Department of Public Health

Urban Forestry and Public Health

Presenter- Erica Holm

Friday, April 11th 10:30AM

Community Care Van Clinic

Blood pressure screening, care and education

Diabetes screening, care and education

Covid and Flu Vaccines

Tuesday, April 15th 9AM-12PM

Magic-to-Go

A special and unique performance

Presenter of Magic-Peter Jackson

Thursday, April 17th 10:30AM

Events

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

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

April Observances and Closings

Saturday, April 12th-Passover Begins at Sundown

Friday, April 18th Administrative Day- Senior Center (Closed)

Monday, April 21st Patriots Day -Senior Center (Closed)

STAFF DIRECTORY

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 Jose Mieses

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

"The City of Lynn is thrilled to welcome the season of spring-a time of warmer weather and beautiful scenery. I would also like to highlight that April is Celebrate Diversity Month.

Just as nature flourishes in its diversity, so does our community. We remain committed to honoring the unique backgrounds, experiences, and perspectives that make us stronger together. This is a time to embrace unity, support one another, and continue building a City where everyone is valued and included".

Sincerely,
 Mayor Jared Nicholson

Director's Message

On April 16th, 2022, the Lynn Senior Center proudly opened its doors at 37 Friend Street. It has been an incredible journey, and I am truly grateful to share it with all of you. It is my honor to serve as the Director of Elder Services for the City of Lynn, a role that brings both great responsibility and immense joy.

The Lynn Senior Center would not be the inclusive and engaging space it is today without the unwavering support of City Hall, The Friends of Lynn COA, a dedicated team of staff, and the Incredible volunteers. Thank you all for your contributions, which have aided in the development of the Lynn Senior Center. In recognition of our third anniversary please join to us to celebrate this special milestone, we're excited to host a gathering on April 16th, 2025. join us for delicious cake and coffee as we take a moment to reflect on the past three years and all the wonderful memories we've created together.

In support of our Veterans, the Lynn Senior Center is collecting, clear water bottle caps. These caps play a vital role in the manufacturing process of prosthetics for veterans. These are life-changing devices, which help restore mobility and independence to our injured heroes. Please contribute your caps by placing them in a clear container, such as a bottle or plastic bag and bring them to the Lynn Senior Center .

Meegan Best,
 Director of Elder Services City of Lynn



Name: _____

Date: _____

Hidden Herbs

E T P A R S L E Y D I L L
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 M M E L E M O N G R A S S
 T N I M R E P P E P I T E
 C N L A V E N D E R I S R
 H T O L I S A B R O I O O
 A H C G A L Y O N N S B R
 M Y H M A A E A A E I E T
 O M I I B R G N M E G L N
 M E V N A E R A N A O O A
 I E E T R A R A S E S C L
 L M S O A Y R T T R F L I
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Word List:

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 SAGE
 MINT
 FENNEL
 LAVENDER

CILANTRO
 THYME
 CHIVES
 LEMONGRASS
 PEPPERMINT

PARSLEY
 ROSEMARY
 TARRAGON
 BAY
 ANISE

DILL
 OREGANO
 MARJORAM
 CHAMOMILE
 CORIANDER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 5oz Turkey A la King with mushrooms ½ cup Mashed Potatoes ½ cup Corn 1pc Biscuit ½ c Pineapple</p>	<p>2 1pc Grilled Chicken 2oz Citrus & Fennel Sauce ½ cup Parmesan Risotto ½ cup Broccoli Congregate: Cream of broccoli soup 1pc Cookie</p>	<p>3 Two Compartment Beef Stew 3oz Beef 2oz Celery 2oz Carrots ½ cup Steamed Potatoes 1pc MG Bread</p>	<p>4 Lent Two Compartment 4oz Breaded Eggplant 4 oz Marinara Sauce 1oz Mozzarella Cheese ½ cup Pasta ½ cup Capri Blend 1pc LS WW Bread 1 pkt Parmesan cheese</p>
<p>7 Two Compartment Chicken Parmesan 1pc Breaded Chicken 4oz Marinara Sauce 1oz Mozzarella Cheese On top of 4oz Pasta ½ cup Roman Blend Veg 1 slice MG bread</p>	<p>8 4oz Potato Crunch Fish ½ cup Corn ½ cup Brussels Sprouts 1pc Burger Bun ½ cup Canned Fruit 1pc tartar sauce No Margarine</p>	<p>9 Steak Fajita 3oz Sliced Steak 2oz peppers & onions ½ cup Black Beans ½ cup Spanish Rice 1pc Tortilla 1pc Sour Cream ½ cup Rice Pudding</p>	<p>10 Specials: 3oz Baked Ham 2oz Pineapple Glaze 4oz Potatoes Au Gratin or 4oz Cheesy Mashed Potatoes (cheddar) 4oz Apple Crisp 4oz Caesar Salad 1pc Caesar Dressing 1pc Croutons 1pc Onion Roll (Congregate)</p>	<p>11 Lent Two Compartment 10 oz macaroni and cheese ½ cup Peas 1 slice WW Bread</p>
<p>14 Passover 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1 pc LS Wheat Bread ½ cup applesauce</p>	<p>15 Passover Two Compartment Beef Burgundy 3oz Sliced beef 4 oz Burgundy sauce (with mushrooms) on top of ½ cup Egg Noodles ½ cup Broccoli 1pc WW Bread</p>	<p>16 Passover Cold: 3oz Egg Salad ½ cup Quinoa Salad ½ cup Marinated Beets 1/2 cup Gelatin ½ pc Pita Bread No Margarine</p>	<p>17 Passover 3oz Stuffed Chicken (Broccoli & Cheese) 2oz Supreme Sauce 4oz Roasted Sweet Potatoes 4oz Berry Crisp 4oz Garden Salad 1pc Menu Magic Dressing</p>	<p>18 Senior Center Closed Administration Day</p>
<p>21 Senior Center Closed Patriots Day</p>	<p>22 6oz Broccoli Egg Bake ½ cup Roasted Potatoes ½ cup Carrots Congregate: Tomato soup instead of carrots 1pc Fruit Loaf 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup</p>	<p>23 1pc Hot dog (LS Beef/pork) ½ cup baked beans ½ warm Cinnamon Apples ½ cup Latin Slaw 1pc Hot dog roll 1pc Mustard 1pc Relish</p>	<p>24 Birthday 1pc Bateman meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Garlic Green Beans 1pc MG Bread</p>	<p>25 Two Compartment Chicken Stir Fry 3oz Chicken Strips 4oz Sweet & Sour Sauce 4oz Mandarin Veg Blend ½ cup Brown Rice ½ cup Pineapple</p>
<p>28 Two Compartment Deconstructed Shepherd's Pie 3oz Beef 2oz Gravy 3oz Corn ½ cup Mashed Potatoes 1pc Biscuit ½ cup chocolate pudding</p>	<p>29 3oz Grilled Chicken 2oz Balsamic Sauce ½ cup Mashed Butternut ½ cup Sauteed Garlic Kale 1pc WW Dinner Roll ½ cup canned fruit</p>	<p>30 Cold: 2 oz Turkey 1 oz Swiss Cheese ½ cup Spinach Salad ½ cup Three Bean Salad Congregate: Minestrone soup instead three bean salad 2 slices LS WW Bread 1 pkt mustard 1pc Salad Dressing (raspberry) 1pc Fresh Fruit</p>		



Lunch Outing: Essex North Shore Agricultural and Technical School seniors paid \$17.00 for full dining experience

Fun Friday Game Day -Scrabble champion

Lynn Parking Department—Presented parking regulations and policies

Senior Center Volunteer and member : staying social means staying healthy

APRIL MONTHLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. 9AM- Mass Health 10:30AM- Spring Trivia 10:30AM-Bingocize 11:45AM- Lunch 12:30PM- Chair yoga 12:30PM-Jeopardy 1:30PM- Photo Club	2. 9AM Barber 10:30AM- Bingo 11:45AM- Lunch 12:30PM-Bingo 1:30PM - Horseracing	3. 10:30AM- Senior Mystery Box 11:45AM- Lunch 12:30PM- Chorus Club 1:30PM-Décor Club	4. 10:30AM- Crafts 10:30AM-Bingocize 11:45AM- Lunch 12:30PM- Art & Craft with Sunil 12:30PM- Learning with Larry Tech Support 1:30PM-Karoke
7. 10:30AM- Bingo 10:30AM- Metro Bowl Outing 11:45AM-Lunch 12:30PM- Bingo 1:30PM- Horseracing	8. 10:30AM- Senior Chat with Calvin 10:30AM-Bingocize 11:45AM-Lunch 12:30PM-Stretching 1:30PM- Coloring with Jazz 3pm- Supper Club	9. 10:30AM- Bingo 11:45AM-Lunch 12:30PM- Bingo 1:30PM- Horseracing	10. 9AM-Casino Outing 10:30AM- Meditation and Mindfulness 11:45AM-Lunch 12:30PM- Movie Time 1:30PM- Spring Flower Crafting	11. 9:30AM Public Health Screen 10:30AM- Urban Forestry & Public Health Presentation 10:30AM-Bingocize 11:00-AM- Garden Club 11:45AM- Lunch 12:30PM-Art & Craft with Sunil 12:30PM- Learning with Larry Tech Support
14. 10:30AM- Bingo 11:45AM-Lunch 12:30PM- Bingo 1:30PM- Horseracing	15. 9AM-11AM Health Van 10:30AM-Caption Call Presentation 10:30AM-Bingocize 11:45AM- Lunch 12:30PM-Gaming Club	16. 10:30AM- Bingo 11:45AM-Lunch 12:30PM- Bingo 12:30PM- 3rd Year Senior Center Anniversary 1:30PM- Sea glass with Maureen	17. 9:30AM Lynn Tech Salon Services 10:30AM- Magic- to -Go 11:00AM- 50/50 Spring Raffle with Friends 11:45AM- Lunch 12:30PM- Easter Egg Hunt	18. Senior Center Closed Administrative Day
21. Senior Center Closed Patriots Day	22. 9AM Dentist 10:30AM-Lynn Community Coalition 10:30AM-Bingocize 11AM- GLSS services with Robin 11:45AM-Lunch 12:30PM-Stretching 12:30PM- Earth Day walking	23. 10:30AM- Bingo 11:45AM-Lunch 12:30PM- Bingo 1:30PM- Horseracing	24. 10:30AM-Meditation and Mindfulness 11AM- Prince Pizza lunch outing 11:45AM-Lunch 12:30PM-25 Words Senior Challenge 1:30PM- Volunteer Photo Day	25. 9AM- Mass Health 10:30AM- Bingo 10:30AM-Bingocize 11:00AM- Garden Club 11:45AM-Lunch Birthday Celebration 12:30PM- Bingo 12.:30PM-Learning with Larry Tech Support
28. 10:30AM- Bingo 11:45AM-Lunch 12:30PM- Bingo 1:30PM- Horseracing	29. 10:30AM-Brain Game with GLSS- Rosemary 10:30AM-Bingocize 11:45AM- Lunch 12:30PM- Chair yoga 1:30PM-Chorus Club	30. 10:30AM- Bingo 11:45AM-Lunch 12:30PM- Bingo 1:30PM- Horseracing		

Dental Note

Lynn based Dr. Meaney will be here on **Tuesday April 22nd @ 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 in

June 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 April 16th.

One round trip transportation per month

Thursday April 17th

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



Metro Bowl (Peabody, Ma)- Monday April 7th 10:30AM-12:30PM

10 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. \$4.00 rental shoes and \$4.25 per game. Lunch not provided

Encore Casino (Everette, MA)- Thursday April 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 for transportation fee.

Prince Pizza Lunch (Saugus, MA)- Thursday April 24th 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- Designed for seniors. Ties nutrition and exercise with fun games of bingo with prizes.
15 slots available. Free .

Transportation Services

Sign Up Section

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 up not allowed.

(Monday rides are reserved at 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.
6. Schedule and seating determined by driver.

*Violations may result in temporary suspension of transportation service.

Seasonal Crafts- Friday April 4th

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

Supper Club- Tuesday April 8th 11th

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

Sea glass with Maureen- Wednesday April 16th

(6 slots) Cost- \$Free 10:30AM- 11:30PM

Chair Yoga (No classes on April 8th, 15th, 22nd)

(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 (resumes April 11th)

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.

MassHeath Assistance

Tuesday April 1st and Friday April 25th 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.

Please Accept my Donation In Memory of: \$

Please Accept my Donation In Honor of: \$

Please Accept my Donation in appreciation of: \$

Persons Name:

Send card to:

Donated By:

The Lynn COA mission is to make Lynn seniors feel welcomed, heard and supported. We are appreciative of donations made in memory of love ones. These resources enable us to continue to support Lynn Seniors.

Thank you for the most recent acknowledgement in the Obituary, of The owner of Buzzes Crazy Roast Beef for the bequest to the Lynn COA.



Donate

Lynn Lions Club will be collecting eyeglasses at Lynn Senior Center and throughout the North Shore. They are sorted, cleaned and prepared for distribution to optical missions around the world. Feel free to drop by the Lynn Senior Center with eyeglasses and sunglasses. Lynn Lions Club thanks you in advance.





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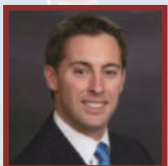
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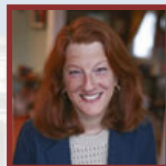
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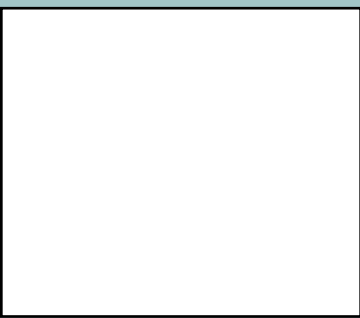
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**Lynn Council
on Aging**

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