

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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MAY 2025

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May Spotlight

Assure for Life

Provide Peace of Mind to your loved ones
assist in organizing the traditional funeral services

Presenter-Johanne Jeanty
Thursday, May 1st 10:30AM

All about the Birds

Common New England birds and behaviors
Presenter: Rosemary MacDonald GLSS

Tuesday, May 6th 10:30AM

Balance and Functional Mobility Screening

Assessment of mobility and fall risks
Presenter: Jayne Lewis PT, MS, Sam Yarbrough, PT, DPT
Tuesday, May 7th 12:30PM

International Red Cross Day

Learn about the founder, history and purpose
Presenter: Gladstone Adams, Red Cross Retiree
Tuesday, May 8th 12:30PM

Lynn Senior Chat with Calvin

Beyond Walls History, Murals and Tours
Presenter- Al Wilson
Tuesday, May 13th 10:30AM

AARP Massachusetts

Social Security- You Earned it!
Making Social Security Secure
Presenter-Sam Docknevech
Tuesday, May 20th 10:30AM

May Features

Mindful Movement and Meditation

Designed for relaxation, flexibility and mental clarity
Heart-Mind Life program, by Ronald Hilderbrandt
Thursday, May 8th & May 29th 10:30AM-11:30AM

Public Health Department

National Health Month
Presenters: Mulika Champigny and Kitzia Diaz
*Spanish interpreter- Damianny Garrido
Thursday, May 15th 10:30AM

Mass General Brigham Stroke Education

Warning signs, prevention and risk factors
Panel of experts to discuss journey of stroke and recovery
Tuesday, May 22nd 10:30AM

Greater Lynn Senior Services (GLSS)

Assisting seniors with DTA, veterans benefits & housing
Robin DeStefano- GLSS Case manger
Tuesday, May 20th 11AM-1PM

North Shore Public Health Collaborative

Water bottle decorating activity
water bottles and stickers will be provided
Friday, May 27th 10:30AM-12:30PM

"MySenior Center" update Day

Annual update for all members
current address, emergency contacts,
phone numbers, etc.
Thursday, May 29th 10:30AM

Events

Please note: Sign up's begin on the 1st of every month. Registered members can call to reserve for events and outings.

Memorial Day Event Friday May 23rd 10:30AM-1:30PM \$5.00

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

May Observances and Closings

Sunday, May 11th- Mother's Day

Saturday, May 17th- Armed Forces Day

Monday, May 26th Memorial Day -Senior Center Closed

STAFF DIRECTORY

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Driver
 Jose Mieses

Important Numbers

Spanish Interpreter- Alan Juarez	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 celebrating its 175th anniversary of becoming an independent municipality on May 14th, 2025. This momentous occasion will be celebrated by an official unveiling of the new fountain on the Lynn Common and a series of special events, including performances by the All-City Band and the City's first Poet Laureate on the date of the anniversary at 4pm at the Lynn Common. We hope you will join us to commemorate the rich history and vibrant spirit of Lynn.

Sincerely,
 Mayor Jared C. Nicholson

Director's Message

The Lynn COA SENIOR CENTER was honored to be selected by Governor Healy for a visit on April 2, 2025. While at the center, she engaged with our seniors and called bingo. She joked about that being the "first time that she had done that". She also engaged with her State Delegation, including Senator Creighton, Representative Cahill, and State Rep. Genie Armini, in calling bingo. It was a delight for elected officials and Lynn Seniors. After greeting Seniors from table to table she share information on two programs that her Administration has spearheaded to support Seniors across the Commonwealth. This included the Circuit Breaker Tax Credit and the Child Tax Credit.

Please visit [mass.gov/ tax cuts](https://mass.gov/tax-cuts) for details.

As the Director of the COA and a facilitator for a Grandparent Support group, I was able to share that there are Seniors who attend the Lynn Senior Center who have benefited from both of those tax breaks. Please enjoy the pictures by Josh Qualls, Office of Governor Maura Healey,

I would like to extend a "Thank You" to all that have supported the Lynn Senior Center.

Meegan Best
 Director of Elder Services



Name: _____

Date: _____

Yoga Poses

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

Word List:

TREE

LOTUS

CHAIR

TRIANGLE

COBRA

BOW

FISH

PIGEON

PLANK

CROW

DANCER

LOCUST

BRIDGE

CHILD

EAGLE

SPHINX

WARRIOR

CAMEL

BOAT

BUTTERFLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 3oz Pork 2oz BBQ sauce ½ cup Sweet Tater Tots ½ cup Cheesy Cauliflower 1pc WW Bread	2 Two Compartment 1pc Cheese Lasagna 4oz Marinara ½ cup Garlic Spinach 1pc WW Garlic Roll 1pc Cookie
5 Two Compartment 3oz Chicken Strips 4oz Alfredo Sauce On top of ½ cup Pasta ½ cup Broccoli 1pc WW Dinner Roll	6 3oz Pork Sausage 2oz Peppers and Onions ½ cup Corn Congregate: corn chowder to replace corn 1/2 cup Sweet Potatoes 1pc Hot Dog Bun ½ cup Applesauce	7 Special 4oz Crustless Quiche (Asparagus & Cheese) 4oz Potatoes O'Brien 4oz Honey Glazed Carrots ½ cup Fresh Fruit Salad 1pc Cinnamon Crumb Coffee Cake	8 Two Compartment 8oz Tuscan Turkey Orzo Casserole* ½ cup Green Beans 1pc Oat Bread	9 3oz Unbreaded Pollock 2oz Pesto ½ cup Lemon Rice ½ cup Capri Blend 1pc MG Bread 1pc Gelatin
12 3 oz Chicken Meatballs 2 oz BBQ & Grape Jelly “sweet BBQ sauce” ½ cup White Rice ½ cup Beets 1 pc Vienna bread ½ cup Pineapple	13 Two Compartment 3oz Ravioli 4 oz Marinara Sauce ½ c Italian Blend Veg 1 pc WW Bread ½ cup mandarins	14 Cold: Chicken Salad 3.5oz Diced Chicken, Mayo & Celery ½ cup Spinach Salad ½ cup Butternut Salad 2pc MG Bread 1pc Cookie 1pc Dressing	15 1pc Cheese Omelet 1pc Turkey Sausage 2pc Sausage for Congregate ½ cup Roasted Potatoes ½ cup Stewed Tomatoes 1pc Muffin ½ cup Yogurt 1pc Juice (no milk) 1pc Ketchup	16 Two Compartment 8 oz Beef Stew 3oz Beef 2oz Peas 2oz Carrots ½ cup mashed potatoes 1pc WW Dinner Roll
19 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1 pc LS Wheat Bread ½ cup applesauce	20 4oz Potato Crunch Fish ½ cup Corn ½ cup Brussels Sprouts Congregate: Tomato soup to replace brussels sprouts 1pc WW Burger Bun ½ cup Canned Fruit 1pc tartar sauce	21 Steak Fajita 3oz Sliced Beef 2oz peppers & onions ½ cup Black Beans ½ cup Spanish Rice 1pc Tortilla 1pc Sour Cream ½ cup Rice Pudding No Margarine	22 3oz Chicken Cordon Blue 2oz Supreme Sauce 4oz Roasted Sweet Potatoes 4oz Berry Crisp 4oz Caesar Salad 1pc Caesar Dressing 1pc Croutons	23 Two Compartment 10 oz macaroni and cheese ½ cup Peas 1 slice WW Bread 1pc Fresh Fruit (orange)
Memorial Day Observed Senior Center Closed	27 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	28 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 No Margarine	29 Birthday Cold: 3oz Egg Salad ½ cup Quinoa Salad ½ cup Garden Salad 1pc Cupcake ½ pc Pita Bread 1pc Salad Dressing No Margarine	30 4oz Cod or pollack 2oz Mediterranean Sauce ½ cup Roasted Potatoes ½ cup Creamed Spinach 1pc WW Dinner Roll ½ cup Gelatin



April Highlights
Spring Flower Crafting
Senior Chat with Calvin

Please enjoy the pictures by
Josh Qualls, Office of Governor
Maura Healey

Easter and Third year
anniversary celebration



Mon	Tue	Wed	Thu	Fri
			1 10:30AM- Assure for Life Presentation 11:45AM- Lunch 12:30PM- Chorus Club 12:30PM- Game Club	2 9AM-Knitting Group 10AM- Health Screening 10:30AM- Crafts 10:30AM-Game Day 11AM- Garden Club 11:45AM- Lunch
5 10:30AM- Metro Bowl Outing 10:30AM- Bingo 11:45AM-Lunch 12:30PM- Bingo 1:30PM- Horseracing	6 9AM- Mass Health 10:30AM- New England Birds 11AM- Healthy Eating Series 11AM- Photo Club 11:45AM- Chair Yoga	7 10:30AM- Bingo 11:45AM-Lunch 12:30PM- Bingo 12:30PM-Balance & Functional Screening 1:30PM-Horseracing	8 8:45AM- Casino Outing 10:30AM-Meditation and Mindfulness 11AM-Trivia 11AM- Chronic Series 11:45AM- Lunch 12:30PM- Red Cross	9 9AM-Knitting Group 10AM-Facials 10:30AM-Game Day 11AM-Garden Club 11:45AM-Lunch 12:30PM-Jeopardy 12:30PM- Art with Sunil
12 10:30AM- Bingo 11:45AM-Lunch 12:30PM- Bingo 1:30PM- Horseracing	13 9AM- Dentist 10:30AM- Senior Chat with Calvin 11AM- Healthy Eating Series 11:45AM-Lunch 12:30PM- Chair Yoga 12:30PM- Jeopardy	14 10:30AM- Bingo 11:45AM-Lunch 12:30PM- Bingo 1:30PM- Horseracing	15 9:30AM-Lynn Tech Salon Services 10:30AM-Public Health Presentation 11AM-Chronic Disease Series 11:45AM- Lunch 12:30PM- Beyond the Walls Tour	16 9AM-Knitting Group 10AM-Facials 10:30AM-Game Day 11AM-Garden Club 11:45AM-Lunch 12:30PM-Jeopardy 12:30PM- Learning with Larry Tech Help
19 10:30AM- Bingo 11:45AM-Lunch 12:30PM- Bingo 1:30PM-Horseracing	20 10:30AM- AARP Social Security 11AM- GLSS services w/ Robin Presentation 11AM- Healthy Eating Series 11:45AM-Lunch	21 10:30AM- Bingo 11:45AM-Lunch 12:30PM- Bingo 1:30PM- Horseracing	22 10:30AM- Mass General Brigham Stroke Presentation 11AM-Chronic Pain Series 11:45AM-Lunch 12:30PM-Movie Time with popcorn	23 10:30AM- Memorial Day Observance and Trivia 11AM-Garden Club 11:45AM- Lunch 12:30PM- Game Day
26 Senior Center Closed Memorial Day	27 10:30AM- North Shore Public Health collaborative activity 11:45AM-Lunch 12:30PM-Chair Yoga 12:30PM-Game Club	28 10:30AM- Bingo 11:45AM-Lunch 12:30PM- Bingo 1:30PM- Horseracing	29 10:30AM- Mediation and Mindfulness 10:30AM-Senior Update Day 10:30AM-Crafts 11AM- Chronic Disease Series 11AM-Lunch Outing 12:30PM-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 May 13th @ 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, May 7th 10:00 AM

Podiatry Note

Dr. Fernandez is a Lynn based Podiatrist. Podiatry services include evaluations, nail reductions and general consult. All other procedures performed in office located at 98 Nahant Street Lynn Ma 01902 and will be

coming to the Center in

June 2025

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

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

Confirm appointments by

Wednesday May 14th.

One round trip transportation per month

Thursday May 15th

Tiger StyleLVTI Cosmetology SalonHair

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

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 Nash Casino (Nashua, NH)- Thursday, May 8th 8:45AM-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.

Metro Bowl (Peabody, Ma)- Monday, May 5th 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

Olive Garden Italian Restaurant (Danvers, MA)- Thursday, May 29th 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.

*Healthy Eating Series- nutritional workshop to help increase better health (Tuesdays)

*Chronic Disease Self Management- educational program for older adults with chronic health conditions (Thursdays)

15 slots available. *Both workshops are 6 weeks offered at 11AM. Free*

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 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**

Sign Up Section

Facials – Friday, May 9th

(5 slots) Cost- **\$5.00** 10:30AM– 12:30PM

Seasonal Crafts– Friday, May 2nd and May 29th

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

Supper Club- Tuesday, May 13th

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

Art and Craft with Sunil– Fridays
(May 9th, 16th and 23rd)

(20 slots) Cost- **\$Free** 12:30-2PM

Chair Yoga

(20 slots) Cost- **\$2.00**. **Can pay in advance for future classes**

Beyond the Walls Walking Tour May 15th (1 hour walk)

(15 slots) Cost- **\$Free**. **12:30PM-1:30PM**

Meeting place 18 Mt. Vernon St

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.

Mass Heath Assistance

Tuesday May 6th and Friday May 30th
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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Happy Birthday Dianna G.



In Loving Memory of my beautiful great grand daughter Evelyn Cathleen on her second year in Heaven. She was taken away at only 5 months old.
Good Bless Nana Anna Breen.





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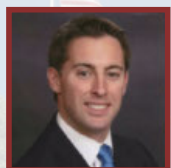
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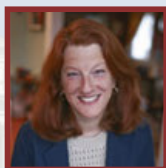
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Lynn Council on Aging

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