

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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JUNE 2025

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June Spotlight

John Adams and Washington D.C.

President John Adams

History of Firsts

Tuesday June 3rd 10:30AM

Lynn Library Book Reading

"The Last Leaf" by William Sydney Porter

Reading by: Lindsey Robert from Lynn Public Library

Tuesday, June 5th 10:30AM

Lynn Senior Chat with Calvin

Essex County Sheriff's Department and Services

Presenter: Sheriff Kevin F. Coppinger

Tuesday, June 10th 10:30AM

Pine Grove Cemetery

Presenter: Robert Nadeau

History of Pine Grove Cemetery

Tuesday, June 13th 10:30PM

North Shore Juneteenth

Let's celebrate the Juneteenth Holiday

Presenter: President of North Shore Juneteenth

Will discuss history and why we celebrate

Tuesday, June 17th 10:30AM

June Features

Community Care Van Clinic

Blood pressure screening, care and education

Diabetes screening,, care and education

Tuesday, June 3rd 10:30AM

Mindful Movement and Meditation

Designed for relaxation, flexibility and mental clarity

Heart-Mind Life program, by Ronald Hilderbrandt

Thursday, June 12th 10:30AM

Greater Lynn Senior Services (GLSS)

Assisting seniors with DTA, veterans benefits & housing

Robin DeStefano- GLSS Case manger

Tuesday, June 17th 11AM-1PM

Public Health Department

Summer Skin Care and Precautions

Presenters: Mulika Champigny and Kitzia Diaz

*Spanish interpreter- Damianny Garrido

Thursday, June 26th 10:30AM

AARP

This session provides a practical guide focused on how to put together a team and establish a care plan. You will gain insight on how to navigate the challenges as you and your loved one begin the journey of caregiving or care receiving.

Thursday, June 26th 12:30PM

Events



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

Summer Luau June 27th 10:30AM-1:30PM \$5.00

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

June Observances and Closings

Sunday, June 15th- **Father's Day**

Thursday June 19th Juneteenth -**Senior Center Closed**

STAFF DIRECTORY

Director of Elder Services
 Meegan Simpson-Best
 (781) 586-6879, Ext. 6500
 MBest@lynnma.gov

Program Manager
 Tania Freedman
 (781) 586-6879, Ext. 6501
 TFreedman@lynnma.gov

Outreach Coordinator
 Rachel Frazee
 (781)-586-6879 Ext. 6503
 RFrazee@lynnma.gov

Supportive Service Specialist
 Barbara Barker
 (781) 586-6879
 BBarker@lynnma.gov

Reception
 Marge Harrington
 (781) 586-6879, Ext. 6504
 MHarring@lynnma.gov

Driver
 Jose Mises

Mayor's Message

Happy June, everyone! Summer is always a great time in the City, particularly because it brings its familiar joys and events for all to gather. From lively festivals to the celebrations hosted by the Senior Center, there is always opportunity to come together as a community to enjoy the warmer weather and sense of connectivity. Please be sure to keep an eye out on all the events happening this summer season.

Sincerely,
 Mayor Jared C. Nicholson

Director's Message

Meegan Best,
 Director of Elder Services City of Lynn

Important Numbers

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

Name: _____ Date: _____

What's in Your Vegetable Garden?

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REGULAR MENU

Page 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 2pc Stuffed Shells 4oz Florentine Sauce ½ cup Capri Blend Congregate: Caesar Salad instead of Capri Blend 1pc Garlic Dinner Roll 1pc Cookie	3 3oz Pork Roast 2oz Rosemary & Garlic Sauce ½ cup Mashed Butternut ½ cup Brussels Sprouts 1pc Cornbread ½ cup Mandarins	4 Two Compartment Chicken Stir Fry 3oz Chicken Strips 4oz Sweet & Sour Sauce 4oz Mandarin Veg Blend ½ cup Brown Rice ½ cup Pineapple 1pc Oat Bread	5 1pc Bateman meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Beets 1pc MG Bread 1pc Fresh Fruit	6 6oz Broccoli Egg Bake ½ cup Roasted Potatoes ½ cup Carrots 1pc Fruit Loaf 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup
9 Two Compartment Deconstructed Shepherd's Pie 3oz Beef 2oz Gravy 3oz Corn ½ cup Mashed Potatoes 1pc Biscuit ½ cup chocolate pudding	10 3oz Grilled Chicken 2oz Balsamic Sauce ½ cup Parmesan Risotto ½ cup Sauteed Garlic Kale 1pc WW Dinner Roll ½ cup canned fruit	11 Cold: 2 oz Turkey 1 slice Swiss Cheese ½ cup Garden Salad ½ cup Three Bean Salad 2 slices LS Wheat Bread 1 pkt mustard 1pc Salad Dressing (menu magic) 1pc Fresh Fruit NO Margarine	12 Special 3oz Sausage ¼ cup Peppers & Onions 4oz Blueberry Cobbler 4oz Corn 1pc Corn Cob (congregate) ½ cup Latin slaw 1pc Sub Roll 1pc Mustard	13 Two Compartment 1pc Cheese Lasagna 4oz Marinara ½ cup Garlic Spinach 1pc WW Garlic Roll ½ cup canned fruit 1pc Parm Cheese
16 Two Compartment 3oz Chicken Strips 4oz Alfredo Sauce On top of ½ cup Pasta ½ cup Broccoli 1pc WW Dinner Roll	17 1pc Cheese Omelet 1pc Turkey Sausage (2pc Sausage congregate) ½ cup Roasted Potatoes ½ cup Honey Carrots 1pc Muffin ½ cup Yogurt 1pc Juice (no milk)	18 Sloppy Joe 3oz Ground Beef 3oz Tomato Sauce ½ cup Mixed Veggies ½ cup Mashed Potatoes 1pc Burger Bun 1pc Fresh Fruit No Margarine	19 Holiday: Closed	20 3oz Unbreaded Pollack 2oz Pesto ½ cup Lemon Rice Congregate: Lemon Rice Soup instead of lemon Rice ½ cup Capri Blend 1pc MG Bread 1pc Cookie
23 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	24 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	25 Cold: Chicken Salad 3.5 oz Diced Chicken, Mayo & Celery ½ cup Spinach Salad ½ cup Butternut Salad 2pc MG Bread 1pc Yogurt 1pc Juice 1pc Dressing	26 Birthday Two Compartment 3oz Ravioli 4 oz Marinara Sauce ½ c Roman Blend veggies 1 pc WW Bread 1pc Cupcake 1pc parmesan	27 Two Compartment Beef Stew 3oz Beef 2oz Peas 2oz Carrots ½ cup mashed potatoes 1pc WW Dinner Roll 1pc Fresh Fruit
30 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1 pc LS Wheat Bread ½ cup applesauce				

In the Senior Spotlight we will be highlighting the talents and accomplishments of our community. Whether it's a creative project, a hobby, or update from one of our clubs, we hope this spotlight inspires us all. Thank you to this month's individuals for sharing with us!



Tokyo, Japan—a beautiful photo by *Maria Valoy* from a recent trip she took.

If you like taking photos let Rachel know so that you can join the Senior Center's Photography Club!

Juneteenth Excites and Exhilarates History and Hearty Hopes and Hype

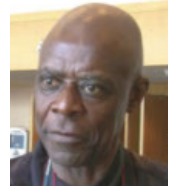
Dr. J.K. Domatob

What is Juneteenth's significance?
What is its basic relevance?
How can it assist folks advance?
Where does Juneteenth lead?

Juneteenth like American historical mark
Serves as impactful venue and park
It heroically focuses folks backward
So that they take giant leaps forward

But what is the celebrated Juneteenth?
Who does it veritably spotlight?
When must it shine as gold and silver
Rather than bitterness and obnoxiousness?

Juneteenth fosters exhilaration
Like its fascination
Enhances pacification
Like liberation
Happy Juneteenth



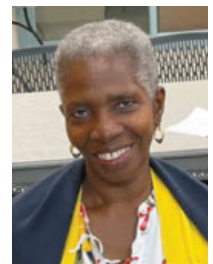
Dr. J.K. Domatob is a new Senior Center member and new to Lynn from Mississippi. He is a seasoned professor, poet and is a prolific writer known for his research and publications on African Americans and Africans.

Velvet Pound Cake

2 sticks butter
1/2 cup shortening
3 cups sugar
6 eggs
3 cups flour
1 tsp. baking powder
1/4 tsp. salt
1 cup milk
1 tsp. lemon flavoring
1 tsp. vanilla flavoring

Cream together the butter, shortening, and sugar well. Add an egg at a time, beating well. Sift flour, baking powder and salt. Add flour mixture and milk alternately to the sugar mixture. Add flavorings. Pour into a greased and floured cake pan. Bake at 325° for 1 hour and 30 minutes.

Serve with seasonal berries ,
Strawberries and cherries
are in season in June!



A favorite recipe from one of our resident bakers, *Angela Burris*.

Monday	Tuesday	Wednesday	Thursday	Friday
2. 10:30AM-Bingo 11:45AM-Lunch 12:30PM-Bingo 1:30PM-Horseracing	3. 9AM- Community Care Van 9AM- Mass Health 10:30AM- History of John Adams 11AM-Healthy Eating 11:45AM-Lunch	4. 10:30AM-Bingo 11:45AM-Lunch 12:30PM-Bingo 1:30PM- Horseracing	5. 10:30AM-Lynn Library Reading 11AM-Chronic pain 11:45AM-Lunch 12:30PM-Decor Club 12:30PM-Trivia	6. 9:30AM- Public Health screening 10:30AM-Game Day 10:30AM-Crafts 11AM-Richardson's 12:30PM-Art with Sunil
9. 10:30AM-Bingo 11:45AM-Lunch 12:30PM-Bingo 1:30PM-Horseracing	10. 9AM-Podiatrist 10:30AM-Senior Chat 11AM- Healthy Eating 11:45AM-Lunch 12:30PM-Chair Yoga 12:30PM-Photo Club	11. 10AM Barber 10:30AM-Bingo 11:45AM-Lunch 12:30PM-Bingo 1:30PM-Horseracing	12. 9AM-Casino 10:30AM-Peanut Butter Cookie Day 10:30AM-Mindfulness and Meditation 11:45-Lunch	13. 10:30AM-Flag Day Presentation 11AM-Garden Club 11:45AM- Lunch 12:30PM-Trivia 12:30PM-Art with
16. 10:30AM-Bingo 11AM-Strawberry Picking 11:45AM-Lunch 12:30PM-Bingo	17. 10:30AM- Juneteenth Presentation 11:45AM-Lunch 12:30PM-Chair Yoga	18. 10:30AM-Bingo 11:45AM-Lunch 12:30PM-Bingo 1:30PM-Horseracing	19. Juneteenth Senior Center Closed 	20. 10:30AM- Men's Group 11AM-Garden Club 11:45AM-Lunch 12:30PM-Art with Sunil
23. 10:30AM-Bingo 11:45AM-Lunch 12:30PM-Bingo 1:30PM-Horseracing	24. 9AM-Dentist 10:30AM-Delvin Theatre Play 11:45AM-Lunch 12:30PM-Chair Yoga 12:30PM-Coloring	25. 10:30AM-Bingo 11:45AM-Lunch 12:30PM-Bingo 1:30PM Horseracing	26. 10:30AM-Public Health Presentation 11AM-Chronic Pain 11:45AM-Lunch 12:30PM-AARP Presentation	27. 9AM- Mass Health 10:30AM- Summer Luau 11:45AM-Lunch 12:30PM- Birthday Celebration
30. 10:30AM-Bingo 11:45AM-Lunch 12:30PM-Bingo 1:30PM-Horseracing				

Dental Note

Lynn based Dr. Meaney will be here on
Tuesday June 24th @ 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.

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
Tuesday June 10th @ 9:00AM

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

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

Confirm appointments by

Tuesday June 17th

One round trip transportation per month

Wednesday June 18th

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

Barber Services

Cost **\$10.00**

Wednesday, June 11th 10:00 AM

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 Positions



Richardson's Ice Cream (Middleton, MA) -Friday June 6th 11AM-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.

Encore Casino (Everett, MA)- Thursday, June 12th 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.

Strawberry Picking Roger's Spring Hill Farm (Haverhill, MA) Monday June 16th 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. Seniors self pay.

GLSS Healthy Eating Series- nutritional workshop to help increase better health

Every Tuesday 11AM-12PM until 6/10/25. No Cost

GLSS Chronic Disease Self Management- educational program for older adults with chronic health conditions **Every Thursday 11AM-12PM until 6/26/25. No Cost**

Transportation Services

Please reserve transportation using 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 on Friday by 3pm.

1. Shopping carts allowed on Thursdays only.

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

No items over 10 pounds.

2. Seatbelts remain fastened at all times.

3. Food and beverages are not be consumed in vehicle.

4. Phone calls are limited to emergencies only.

5. No smoking or vaping in city vehicles.

6. Schedule and seating determined by driver.

***Violations may result in temporary suspension.**

Mass Heath Assistance

Tuesday June 3rd and Friday June 27th
Claudia will be here at 9AM-12PM

Appointments may last up to 45 minutes.
Please call Lynn Senior Center to reserve a slot
(781) 586-6879

Sign Up Section

Father's Day Facials – Friday, June 13th

5 slots -**\$5.00** 10:30AM- 12:30PM

Seasonal Crafts– Friday, June 6th

10 slots -**\$2.00** 10:30AM- 11:30PM

Supper Club- Tuesday, June 10th

30 slots -**\$2.00** 3PM-5 PM

Art and Craft with Sunil– Fridays

20 slots -**No Cost** 12:30-2PM-1:30PM

Chair Yoga

20 slots - **\$2.00. Can pay in advance for future classes** 12:30PM-1:15PM

New Men's Group June 20th 10:30AM-11AM

Safe space for our older adult men to share, inspire and encourage one another. **No Cost**

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

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.

Decor 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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Tammy,

We miss and love you. We will always be thinking of you.

Love,
The Calef Family



The June birthday cake was donated by
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If you are interested, please contact the Sleeper Center, nursingcenter@mghihp.edu or 617-655-4693 to schedule an appointment and provide more information.

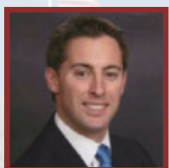
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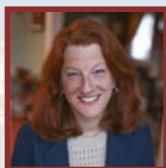
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Lynn Council on Aging

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