

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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JULY 2025

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July Spotlight

Southern Essex Registry of Deeds

Property Fraud Watch Program

Presenter: Eileen Duff

Tuesday, July 8th 10:30AM

Disability Resource Center

Resources and support for disabled seniors

Presenter: Community Liaison: Deborah Barber

Tuesday, July 15th 10:30AM

Lynn Public Library

Library card membership, adult workshops, summer activities and more.

Presenter: Lindsey Roberts

Thursday, July 17th 10:30AM

8 Dimensions of Wellness Program

Engage, Educate and Empower with others
Workshop series presented by: Jousette Anaya
Tuesday July 22nd and July 29th 10:30PM



July Features

Mindful Movement and Meditation

Designed for relaxation, flexibility and mental clarity

Heart-Mind Life program,

Facilitated by: Ronald Hilderbrandt

Thursday, July 10th and 24th 10:30AM

Element Care

Program of All inclusive Care for the Elderly (PACE)

Presented by: Michelle Valez Hagerty

Thursday, July 10th 10:30AM

Community Care Van Clinic

Blood pressure screening, care and education

Diabetes screening, care and education

Tuesday, July 15th 9:00AM-12PM

Greater Lynn Senior Services (GLSS)

Assisting seniors with DTA, veterans benefits & housing

Robin DeStefano- GLSS Case manger

Tuesday, July 15th 11AM-1PM

Public Health Department

National Anti-Boredom Month

Presenters: Mulika Champigny and Kitzia Diaz

*Spanish interpreter- Damianny Garrido

Thursday, July 31st 10:30AM

Events



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

July 2nd Holiday BBQ 10:30AM-1:30PM \$5.00

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



July Observances and Closings

Friday, July 4th- Independence Day 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

Kitchen Coordinator
Melanie (Mel) Spain-Day

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

As we step into July, I'm genuinely excited for all the new month holds! This is always a special time in our City, particularly with one of our most cherished traditions just around the corner: the annual City Fireworks event on July 3rd at King's Beach.

This celebration is a great opportunity for us to gather as a community, enjoy spectacular displays, and create lasting memories together. We hope to see you there!

Sincerely,
Mayor Jared C. Nicholson

Director's Message

I am excited to share the progress that we have made over the last two years at the Lynn Council of Aging Senior Center. We have completed renovation for the first floor of the senior center and are in the process of incorporating \$100,000 worth of technology into the Lynn COA Senior Center. This technology includes; low vision computers, digital cameras, smart boards, projectors, and more To support the technology and learning we have weekly instructions with our Technical consultant.

My thanks to Mayor Nicholson, Director of Public Health Lisa Tobin and the amazing team I have working with me at the Lynn COA Senior Center. I would be remiss if I did not mention the dedication of our volunteers; it is a whole team that makes the Lynn COA Senior Center a warm, welcoming and inclusive community.

We have a new sign outside of our building which enables people to identify the entrance to the Lynn COA Senior Center.

Happy July 4th!

Meegan Best,
Director of Elder Services City of Lynn

Welcome The New Team

PRESIDENT: CALVIN ANDERSON- MIDDLE

TREASURER: KAY BROWN-LEFT

SECRETARY: MATTIE VALERIE -RIGHT

FRIENDS OF COUNCIL ON AGING



Word Search

Name: _____

Summer Time



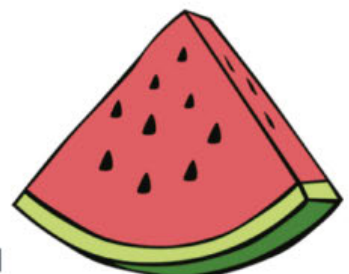
Word list:

BARBECUE
BASEBALL
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HAMMOCK
ICECREAM

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LEMONADE
LIFEGUARD
PARK
PICNIC
POOL
POPSICLE

RELAX
SAND
SANDALS
SEAGULLS
SEASHELLS
SHADE
SUN

SUNSET
SUNGLASSES
SUNSCREEN
SUNSHINE
SWIMSUIT
VACATION
WATERMELON



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 4oz Potato Crunch Fish ½ cup Corn ½ cup Brussels Sprouts 1pc WW Burger Bun ½ cup Canned Fruit 1pc tartar sauce No Margarine	2 Beef 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	3 3oz Chicken Cordon Blue 2oz Supreme Sauce 4oz Roasted Sweet Potatoes 4oz Berry Crisp 4oz Caesar Salad 1pc Caesar Dressing 1pc Croutons 1pc Oat Bread	Holiday: Closed No Meal
7 Smothered Pork 3 oz Pork Roast 2oz Mushroom/cream/onions ½ cup Mashed Sweet Potatoes ½ cup Cauliflower 1pc WW Dinner Roll 1pc Cookie	8 Two Compartment Pasta & Meatballs 3 oz Chicken Meatballs 4 oz Marinara ½ cup Pasta ½ cup Capri Blend 1 pc Oat bread ½ cup Pineapple 1pc Parmesan	9 Special: Finger Sandwiches 1.5oz Chicken Salad 1.5oz Egg Salad 4oz Orzo Salad 4oz Latin Slaw 4oz Red white and Blue parfait 2pc finger Rolls	10 3 oz Yankee Pot Roast 2 oz Au Jus ½ cup Beets ½ cup Mashed Butternut 1pc Biscuit 1pc Fresh Fruit	11 1pc Cheese Omelet 1pc Turkey Sausage Congregate: 2pc Sausage ½ cup Roasted Potatoes ½ cup Ratatouille 1pc Fruit Loaf ½ cup Applesauce 1pc Ketchup
14 Two Compartment 7oz Ground Beef and Cabbage* ½ cup Roasted Potatoes & Red Peppers 1pc Rye Bread ½ cup Canned Fruit	15 3oz Unbreaded Fish 2oz Garlic & Lemon Butter ½ cup Corn Congregate: Corn Chowder instead of corn ½ cup Creamed Spinach 1pc MG Bread ½ cup Gelatin	16 Two Compartment: Cold 1cup Tortellini Salad w/ peas ½ cup Tomato & Cucumbers 1pc Cookie Brownie 1pc Oat Bread	17 1pc Breaded Chicken 2oz Marry Me Sauce ½ cup Couscous ½ cup Green beans 1pc Dinner Roll 1pc Fresh Fruit (Orange)	18 Two Compartment 10oz Ground Turkey Chili 4oz Brown Rice 1pc Cornbread ½ cup Mandarins
21 3oz Grilled Chicken 2oz Hawaiian Sauce with Peppers & Pineapple ½ cup White Rice ½ Asian Blend Veggies ½ cup Canned Fruit 1pc WW Dinner Roll	22 1pc Bateman meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Peas 1pc MG Bread 1pc Fresh Fruit	23 COLD: 3oz Seafood Salad ½ cup Garden Salad ½ cup tabouli 1pc Yogurt 2pc Vienna Bread 1pc Menu Magic Dressing 1pc Juice (no milk) No Margarine	23 COLD: 3oz Seafood Salad ½ cup Garden Salad ½ cup tabouli 1pc Yogurt 2pc Vienna Bread 1pc Menu Magic Dressing 1pc Juice (no milk) No Margarine	25 Two Compartment 10 oz macaroni and cheese ½ cup stewed tomatoes 1 slice Oat Bread ½ cup Canned Fruit
28 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1pc LS Wheat Bread ½ cup Canned Fruit Congregate: 1pc Cranberry Sauce	29 Two Compartment 1 pc Lasagna 4 oz Marinara ½ cup Riviera Blend Veg 1pc Garlic Roll 1pc Cookie 1 pkt Parmesan cheese	30 Hot dog (LS Beef/pork) ½ cup baked beans ½ cup cinnamon apples ½ cup Latin Slaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	31 COLD: 2 oz Roast Beef 1 slice Provolone Cheese 1pc Potato Chips Congregate: Potato Leek instead of chips ½ cup Garden Salad 2 slices MG Bread 1 pkt Mustard 1pc Menu Magic Dressing 1pc Fresh Fruit (orange) No Margarine	

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!

Summer! Summer Stridently Sings

Dr. J.K. Domatob

Summer! Summer stridently sings
Like birds and beasts jolly rings
Summoning the seasons best,
It uplifts people's gracious fest

All over the universe firmament
Where gallant folks display armaments
Summer unleashes hope and joys
Like uplifting and treasurable toys

Summer! Summer Summer sunshine
Summer, Summer, moon shine
Summer! Summer Summer so fine
Summer, Summer, Summer divine

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.



Summer Styling With Mattie Valerie

Summer is here and we've turned to our resident – fashionista for some summertime styling tips!

Summer accessories! The essentials are hats and sunglasses. Preferably a hat that blocks the sun, is comfortable and protects your skin. If you're feeling comfortable, Mattie encourages to treat yourself to a pedicure and wear some sandals this summer to stay cool!



What else to where?

Mattie recommends wearing light colors this summer to keep cool, and light weight clothing like cotton or linen and most importantly clothes that you are comfortable in! Embrace the Summer season, leave the layers at home, and enjoy the summer breezes in style!

When asked how she styles herself each day, she says, "I don't like to blend in, I like to stand out! If it blings, *I like it!*"

Fishing with Russell Stearns

Russell has been fishing for over 60 years, mostly fresh water, some salt water. He has caught various local species such as carp, trout, bass, pickerel, flounder, bluefish, and stripers.

If you are looking for a local fishing spot, here are some of Russell's favorite places to go! In




Russell fishing at Sluice Pond

Lynn, he enjoys fishing at Sluice Pond (pictured above), Flax Pond, Browns Pond, and around the Buchanan Bridge. The largest fish he ever caught, around 3ft long, was at Buchanan bridge! Other spots on the North Shore include, Wenham's Pleasant Pond, and the Breakheart Reservation in Saugus.

For fishing beginners, here's some advice from Russell! Look for stable conditions in the water, no rain or wind, no rushing water. Different baits and lures are required for different fish, you can talk with a friend to see what they like to use. Be prepared for the weather, bring sun protection, hat, sunscreen, sunglasses, bug spray and water. Fishing requires time and patience, He recommends bringing music, a book, cards to play with friends and snacks to pass the time. If fishing near the woods, wear high socks to protect from ticks. If you'd like to get fishing, don't forget your fishing license! You can purchase your license in person at Walmart in Lynn or online at MassFishHunt.

Russell's favorite things about fishing are enjoying nature, relaxing in the quiet, the comradery with other fishermen, the thrill of the hookset and catching fish! *Fish on!* If you have any questions about fishing or want to hear any of his exciting fishing stories he is at the Lynn Senior Center on Mondays, Wednesdays and Fridays, and happy to help you!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. 9AM-Mass Health 10:30AM-Game Club 10:30AM-Décor Club 11:45AM-Lunch 12:30PM-Chair Yoga 12:30PM-Jeopardy	2. July 4th BBQ 50/50 Raffle hosted by Friends of Council on Aging	3. 10:30AM-Bingo 11:45AM-Lunch 12:30PM-Bingo 1:30PM-Horseracing	4. Independence Day Senior Center Closed 
7. 10:30AM-Bingo 11:45AM-Lunch 12:30PM-Bingo 1:30PM-Horseracing	8. 10:30AM-Essex Registry of Deeds 11:15-Photo Club 11:45AM-Lunch 12:30PM-Chair Yoga 12:30PM-Coloring 3PM-Supper Club	9. 10:30AM-Bingo 11:45AM-Lunch 12:30PM-Bingo 1:30PM-Horseracing	10. 9AM-Casino 10:30AM-Mindful Movement & Meditation 10:30AM-Element Care Presentation 11:45AM-Lunch 12:30PM-Movie 12:30PM-Chorus Club	11. 10:30AM-Game Day 10:30AM-Crafts 11AM-Garden Club 11:45AM-Lunch 12:30PM-Karaoke
14. 10:30AM-Bingo 11:45AM-Lunch 12:30PM-Bingo 1:30PM-Horseracing	15. 9AM-Community Clinic Van 10:30AM-Salem Disability Resource Presentation 11:45AM-Lunch 12:30PM-Chair Yoga	16. 10:00AM-Barber 10:30AM-Bingo 11:45AM-Lunch 12:30PM-Bingo 1:30PM-Horseracing	17. 10:30AM-Lynn Public Library 11:45AM-Lunch 12:30PM-Trivia	18. 9AM-Mass Health 10:30AM-Game Day 11AM-Garden Club 11:45AM-Lunch 12:30PM-Karaoke
21. 10:30AM-Bingo 11:45AM-Lunch 12:30PM-Bingo 1:30PM-Horseracing	22. 10:30AM- 8 Dimensions of Wellness Workshop 11:00-La Copa Restaurant 11:45AM-Lunch 12:30PM- Chair Yoga	23. 10:30AM-Bingo 11:45AM-Lunch 12:30PM-Bingo 1:30PM-Horseracing	24. 10:00AM-Stoneham Zoo 10:30AM-Mindful Movement & Meditation 10:30: Blue Eyed Susan Flower Activity 11:45AM-Lunch	25. 10:30AM-Game Day 10:30AM-Crafts 11AM-Garden Club 11:45-Lunch 12:30PM- Birthday Celebration
28. 10:30AM-Bingo 11:45AM-Lunch 12:30PM-Bingo 1:30PM-Horseracing	29. 10:30AM- 8 Dimensions of Wellness Workshop 11:45AM-Lunch 12:30PM-Chair Yoga 12:30PM-Jeopardy	30. 10:30AM-Bingo 11:45AM-Lunch 12:30PM-Bingo 1:30PM-Horseracing	31. 10:30AM-Public Health presentation 11:45AM-Lunch 12:30PM-National Avocado Day Activity	

Dental Note

Dental services will be temporary postponed

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

August 2025

Beauty Service Update:

Hair and Nail Services will resume in October 2025

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, July 16th 10:00 AM



The Brook Casino (Seabrook, NH)- Thursday, July 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 fee for transportation.

La Copa Restaurant (Lynn, Ma)- Tuesday, July 22nd 11AM-1PM

20 slots available. *Please inform staff during registration if you utilize an electronic mobility device to request a slot.* Free transportation. Seniors self pay.

Stoneham Zoo (Stoneham, Ma)- Thursday, July 24th 10AM-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 fee for transportation. Admission \$17.95 (\$5.00 for EBT card holders)

Wellness Matters- Tuesday, July 22nd and July 29th. 30 slots available *Registration required.*

Classes are free.

6 week series on dimensions of wellness for seniors.

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 July 1st and Friday July 18th
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

Supper Club- Tuesday, July 8th

30 slots - \$2.00 3PM-5 PM

Seasonal Crafts- Friday, July 11th, July 25th

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

Art and Craft with Sunil- Friday July 11th, 18th and 25th

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

Learning with Larry Tech Support- Friday July 11th, 18th and 25th

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

Chair Yoga

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

New Men's Group July 25th 10:30AM-11AM

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

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 CALVIN ANDERSON, President of FRIENDS, 12 Concord Street, Lynn Ma 01902

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And why should you join?

We are a 501© charitable organization. The purpose of the FRIENDS is to seek funds and donations through membership, fund raising events, and corporate gifts to financially assist the LYNN SENIOR CENTER is providing services to the elderly Lynn residents served by the Center.

Since the Senior Center opened 3 years ago, we purchased for them a vehicle, and ice machine, a refrigerator, carts and trays to name a few.

If you are interested in joining, please fill out the coupon below, include a \$10.00 check for 2025 DUES and mail to FRIENDS LCOA, TO TREASURER/LCOA. c/o 71 Glenwood Rd. Lynn Ma 01902.

Any questions, email George Harvey, Membership Chair at geoharvey30gmail.com

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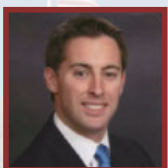
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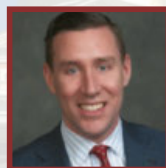
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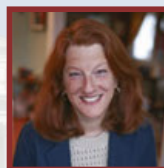
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