

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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AUGUST 2025

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August Spotlight

8 Dimensions of Wellness

Engage, Educate and empower
6 week series

Presenter: Jousette Anaya

Tuesday, August 5th 10:30 AM-11:15 AM

Lynn Library Resources and Sign up's

Library card memberships and digital resources
Lindsey Robert from Lynn Public Library

Thursday, 7th 10:30 AM

Lynn Senior Chat with Calvin

Essex County Canine Unit demonstration
Join us for an informative K-9 unit demonstration
Tuesday, August 12th 10:30 AM

Advocate Naturally

Understand the language of your body
Dr. Anne Kely Licensed Naturopathic Doctor
Thursday, August 28th 10:30 AM

My Personal Home Health Care LLC

Medical and non-medical services available
Presenter: Noah Antoine
Thursday, August 28th 12:30 PM

August Features

Theater Club for Seniors

Lynn native and actor in the Greater Boston Area
Teaching the basics of theater

Presented by: Elaine Mata

Tuesday, August 19th 10:30 AM

Community Care Van Clinic

Blood pressure screening, care and education
Diabetes screening, care and education

Thursday, August 21st 10:30 AM

Mindful Movement and Meditation

Designed for relaxation, flexibility and mental clarity
Heart-Mind Life program, by Ronald Hilderbrandt

Thursday, August 14th and 28th 10:30 AM

Greater Lynn Senior Services (GLSS)

Assisting seniors with DTA, veterans benefits & housing
Robin DeStefano- GLSS Case manager

Tuesday, August 19th 11 AM-1 PM

Teens Teach Tech Ambassador Program

Program designed to help seniors with technology
Avoiding scams, using apple pay, and making calls
and more

Fridays, 10:30 AM and Wednesdays 12:30 PM

Events

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

Senior Citizen Day Thursday August 21st 10:30 AM-1:30 PM. Event is free, registration is required. Rain date TBA.

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

August Observances and Closings

Thursday August 21st, Senior Citizen's Day

STAFF DIRECTORY

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 MHarrington@lynnma.gov

Kitchen Coordinator
 Melanie 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

We are thrilled to announce that the Lynnside Out festival is returning this September 20th from 11AM-3PM at the Fredrick Douglas Park. This festival has become a valued tradition that Provides an opportunity to bring City Hall departments, resources and initiatives right into the community, fostering enhanced accessibility and transparency.

We hope to see you there!

Sincerely,

Mayor Jared C. Nicholson

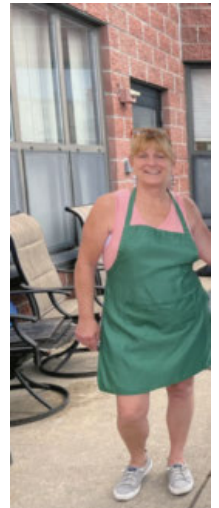
Director's Message

As August begins, we are proud to reflect on the remarkable Legacy of Councilor Dianna Chakoutis. Her unwavering dedication and advocacy have made a lasting impact, not only within her ward, but across the entire City of Lynn. Her steadfast support of the Lynn Senior Center has been especially meaningful. The seniors, myself, and our staff deeply appreciate her consistent guidance and heartfelt commitment over the years. Her dedication, thoughtful leadership, and persistence have played a vital role in shaping the Lynn Senior Center into the welcoming and thriving place it is today. With deep gratitude, I am proud to announce that Dianna Chakoutis will continue serving as Board Chair of the Lynn Council on Aging.

With respect and appreciation,

Meegan Best

Director of Elder Services City of Lynn



Name: _____

Date: _____

Photography Fun

E	G	C	O	S	N	F	R	A	M	I	N	G
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ZOOM

CAMERA

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PANORAMIC

LENS

FLASH

PIXEL

ANGLE

SCENE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 3oz Grilled Chicken 2oz Piccata sauce ½ cup Rice Pilaf ½ cup Broccoli 1pc WW Bread ½ cup chocolate pudding
4 1pc Hamburger 2oz Au jus ½ cup Roasted Sweet Potatoes ½ cup Beets 1pc WW Burger Bun 1pc Gelatin 1pc Ketchup No Margarine	5 4oz Potato Crunch Fish ½ cup Chuckwagon Corn ½ cup Mashed Potatoes 1pc Dinner Roll 1pc Cookie 1pc tartar sauce No Margarine	6 3oz Chicken Strips 2oz teriyaki Sauce ½ cup Green Beans ½ cup Vegetable Rice 1pc MG Bread ½ cup Pineapple	7 Cold: Two Compartment Turkey Chef salad 2oz Deli Turkey 1 oz shredded cheddar cheese 1 cup Mixed Green Salad ½ cup Black Bean & Tomato Salad 1pc Fresh Fruit ½ pc Pita Bread 1 pkt Dressing	8 Two Compartment 2 pc Breaded Eggplant 4 oz Marinara Sauce 1oz Mozzarella Cheese On tip of ½ cup Pasta ½ Capri Blend 1pc LS Wheat Bread ½ cup mandarins
11 Two Compartment 1pc Grilled Chicken 4oz Greek Sauce (spinach, peppers, feta, olives) ½ cup Risotto 1pc MG Bread ½ cup apple Slices	12 Two Compartment 11oz American Chop Suey 3oz Ground beef ½ cup pasta 4oz Tomato sauce ½ cup Broccoli 1pc WW Garlic Roll 1pc Fresh Fruit	13 COLD: 3oz Tuna Salad ½ cup Three Bean Salad ½ cup Garden Salad 2 slices Wheat Bread 1pc Menu Magic Dressing ½ cup Pineapple No Margarine	14. Special: BBQ Pork 1/2 cup warm peach cobbler 1/2 garlic green beans Congregate: Corn Chowder 1/2 cup potato salad 1/2 pc burger bun	15 1pc Broccoli & Cheese Egg Bake ½ cup Potatoes O'Brien ½ cup Carrots 1pc Fruit Loaf 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup
18 Smothered Pork 3 oz Pork Roast 2oz Mushroom/cream/onions ½ cup Mashed Sweet Potatoes ½ cup Cauliflower 1pc WW Dinner Roll ½ cup Applesauce	19 Two Compartment Pasta & Meatballs 3 oz Chicken Meatballs 4 oz Marinara Sauce ½ cup Pasta ½ cup Capri Blend 1 pc Oat bread ½ cup Mandarins 1pc Parmesan	20 1pc Cheese Omelet 1pc Turkey Sausage Congregate: 2pc Sausage ½ cup Roasted Potatoes ½ cup Ratatouille (no mushrooms) 1pc Vienna Bread ½ cup Pineapple Fruit Whip	21 Cold: 3.5 oz Diced Chicken Salad with celery ½ cup Citrus Quinoa Salad ½ cup Carrot Slaw 2pc MG Bread 1pc Cookie No Margarine	22 3 oz Yankee Pot Roast 2 oz Au Jus ½ cup Beets ½ cup Mashed Butternut 1pc Biscuit 1pc Fresh Fruit
25 Thai Beef & Basil 3oz Ground Beef, soy & oyster sauce with 2oz Peppers ½ cup Broccoli 4oz Brown Rice 1pc WW Bread ½ cup canned fruit	26 Hot dog (LS Beef/pork) ½ cup baked beans ½ cup cinnamon apples ½ cup Coleslaw 1pc Hot dog roll	27 Two Compartment: Cold 1 cup Tortellini Salad w/peas ½ cup Tomato & Cucumbers 1pc Fresh Fruit 1pc Oat Bread	28 Birthday 1pc Breaded Chicken 2oz Marry Me Sauce ½ cup Couscous ½ cup Green beans 1pc Cupcake 1pc Dinner Roll	29 3oz Unbreaded Fish 2oz Garlic & Lemon Butter ½ cup Corn ½ cup Creamed Spinach Congregate: Spinach Salad instead of Spinach 1pc MG Bread ½ cup Gelatin

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. This month we are celebrating all of our clubs and how they will be bringing their talents into this month's event—Senior Citizen's Day!

A fun-filled day with games, music, and good food!



Gaming Club

If you have been to the Senior Center of Fridays then you may have seen the main room buzzing with games! From Jenga, to Connect-4, Scrabble and Corn-hole! The goal of the gaming club is to stay mentally and physically engaged, and stretch your competitive muscles. This month's event, in thanks to the Gaming Club will bring our games to the next level with new games and tournaments for each game! Do you have what it takes to be a tournament champion?



Photo Club

The photo club will be compiling together photos from our memories at the senior center this year to share at the event.

Have you taken photos at a party or have a fun photo of a memory you'd like to share? Please let Rachel know!



Chorus Club

The Chorus Club, AKA The Songbirds, always bring the "fun" to the function! This Summer they will be serenading us with an assortment of seasonal songs at our Senior Citizen's Day.



Decor Club


They went above and beyond this past month, not only our Luau but also for July 4th in less than a week! The Decor club does it all to get our space ready to party! They are a small but mighty team that can make magic with glue, paper, and of course imagination and creativity. We are looking forward to how they will be bringing their skills to this month's event!

Gardening Club

Summer is here and the garden is thriving! The Garden Club will be bringing the bounty to you all for this month's party and throughout the growing season!

August Monthly Schedule

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Monday	Tuesday	Wednesday	Thursday	Friday
				1. 9 AM-11 AM-Knitting /Crocheting 9 AM- PHD Health Screens 10:30- AM-Teens Teach Tech 10:30- AM-Décor Club 11 AM- Garden Club 11:45 AM- Lunch 12:30 PM- Art w/ Sunil 12:30 PM- Tech Classes w/
4. 10:30 AM- Bingo 11:45 AM-Lunch 12:30 PM-Bingo 1:30 PM-Horseracing	5. 9 AM-Mass Health 10:30 AM Eight Dimensions of Wellness 11 AM-Photo Club 11:45 AM-Lunch 12:30 PM-The Loft Outing	6. 10:30 AM- Bingo 11:45 AM-Lunch 12:30 PM-Bingo 12:30 PM-Teens Teach Tech 1:30 PM-Horseracing	7. 10:30 AM-Lynn Library Digital resources and membership 11:45 AM-Lunch 12:30 PM-Chorus Club 12:30 PM-Game Club	8. 9 AM-11- AM-Knitting / Crocheting 10:30 AM-Teens Teach Tech 10:30 AM-Game Day 11 AM-Garden Club 11:45 AM-Lunch 12:30 PM-Art w/Sunil 12:30 PM-Tech Classes w/ Larry
11. 10:30 AM- Bingo 11:45 AM-Lunch 12:30 PM-Bingo 1:30PM -Horseracing	12. 10:30 AM- Essex County K-9 Unit Demonstration 11:45 PM-Lunch 12:30 PM-Chair Yoga 12:30 PM-Trivia 3PM-5PM-Senior Supper Club	13. 10 AM-Barber 10:30 AM- Bingo 11:45 AM-Lunch 12:30 PM-Bingo 12:30 PM-Teens Teach Tech 1:30 PM-Horseracing	14. 9 AM-Casino 10:30 AM- Relaxation Activity 10:30 AM- Mindful Meditation 11:45 AM-Lunch 12:30 PM-Chorus Club	15. 9 AM-11 AM - Knitting/ Crocheting 9 AM-Mass Health 10:30 AM—Teens Teach Tech 10:30 AM-Theatre Presentation 11 AM-Garden Club 11:45 AM-Lunch 12:30PM-Art w/Sunil
18. 10:30 AM- Bingo 11:45 AM-Lunch 12:30 PM-Bingo 1:30 PM-Horseracing	19. 10:30 AM-Eight Dimensions of Wellness 11:45 AM-Lunch 12:30 PM-Chair Yoga 12:30 PM- Game Club 3 PM-5 PM Supper Club	20. 10:30 AM- Bingo 11:45 AM-Lunch 12:30 PM-Bingo 12:30 PM- Décor Club 1:30 PM-Horseracing	21. Senior Citizen Day Event 	22. 9 AM-11 AM Knitting /Crocheting 10:30 AM-Men's Group 10:30 AM-Movie Day 11 AM-Garden Club 11:45 AM-Lunch 12:30 PM- Art w/ Sunil 12:30 PM-Tech Classes w/Larry
25. 10:30 AM- Bingo 11:45 AM-Lunch 12:30 PM-Bingo 1:30 PM-Horseracing	26. 10:30 AM Eight Dimensions of Wellness 11:45 AM-Lunch 12:30 PM Chair Yoga	27. 10:30 AM- Bingo 11:45 AM-Lunch 12:30 PM-Bingo 12:30 PM-Teens Teach Tech 1:30 PM-Horseracing	28. 10:30 AM- Advocate Naturally Presentation 11:15 AM-One Mighty Mill Lunch 11:45 AM-Lunch 12:30 PM- My Personal Home Health Care Presentation	29. 9 AM-Knitting /Crocheting 10:30 AM- Game Day 11 AM-Garden Club 11:45 AM- Lunch 12:30 PM- Birthday Celebration 12:30 PM-Art w/ Sunil 12:30 PM-Tech Classes w/Larry

Healthy Aging Practices

Socialization
Playing Games
Eating well
Exercise
Being positive

Podiatry Note

Dr. Fernandez is a Lynn based Podiatrist. Office located on 98 Nahant Street.

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

September 2025

Barber Services

Cost \$10.00

Wednesday, August 13th 10:00 AM

Chair Yoga with Annette

Every Tuesday from 12:30 PM-1:15 PM

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



The Loft Thrift Store (Lynn, MA) -Tuesday, August 5th 12:30 PM-1:15 PM
 20 slots available. *Please inform staff during registration if you utilize an electronic mobility device.*
 There is a \$1.00 for transportation fee.

The Nash Casino (Nashua, NH)- Thursday, August 14th 9 AM-3 PM
 50 slots available. *Please inform staff during registration if you utilize an electronic mobility.*
 There is a \$10.00 fee for transportation. \$2.00 tip gratuity for driver.

One Mighty Mill Restaurant (Lynn, MA) Thursday, August 28th 11:30 AM-12:45 PM
 20 slots available. *Please inform staff during registration if you utilize an electronic mobility device.*
 Transportation is free. Seniors self pay for lunch.

Tech Classes (Learning with Larry (At senior center) Every Friday in August 12:30 PM-1:15 PM.
 Learn basic computer skills in a warm supportive environment.
Can bring personal IPAD's and Laptop's. 20 slots available

Teens Teach Tech Ambassador Program (At senior center) Designed to help seniors understand today's technology.
 Friday August 1st, 8th and 15th at 10:30 AM and Wednesdays August 6th, 13th and 27th at 12:30 PM. 20 slots available

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 3 PM.

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 August 5th and Friday August 15th
 Claudia will be here at 9 AM-12 PM

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, August 12th
 30 slots -**\$2.00** 3 PM-5 PM

Seaglass with Maureen- Thursday, August 14th
 6 slots **No Cost** 10:30AM- 11:30 PM

Art and Craft with Sunil- Fridays
 20 slots -**No Cost** 12:30 PM-2PM-1:15 PM

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

Men's Group- Friday August 22nd
 10 slots- **Free** 10:30 AM-11:15 AM
 Safe space for our older adult men to share, inspire and encourage one another.

Programs, 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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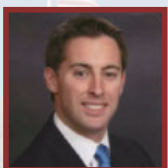
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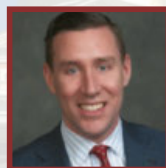
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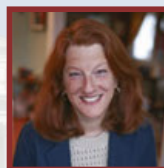
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