

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



INSIDE THIS ISSUE

Front Page.....	1
Team Effort.....	2
Activity.....	3
Monthly Menus.....	4
Monthly Schedule.....	6
Health & Beauty.....	7
Programs & Services.....	8
Donate & Appreciate	9

SEPTEMBER 2025

Page 1

September Spotlight

8 Dimensions of Wellness

Engage, Educate, and empower
6 week series

Presenter: Jousette Anaya

Tuesday , September 2nd, 9th and 16th

Lynn Library Resources and Sign-up's

Monthly information, adult workshops and book reviews
Lindsey Robert from Lynn Public Library

Thursday, September 4th 1:00 PM

Lynn Senior Chat with Calvin

Mike Kwiatek- Director of Information Technology

Tuesday, September 9th 10:30 AM

ABC Home Health Care

Dedicated to providing compassionate, personalized care
that allows individuals to remain safely and comfortably
in their homes.

Tuesday, September 23rd 12:30 PM

National Piano Month

Discover interesting facts about the piano
Enjoy live music and sign along

Tuesday, September 30th 12:30 PM



September Features

Zumba

Lynn Cultural Council grant funded program
Mariely Nicasio Licensed Zumba instructor

Begins Thursday September 11th 11:00 AM

Community Care Van Clinic

Blood pressure screening, care and education

Diabetes screening, care and education

Thursday, September 18th 9 AM

Mindful Movement and Meditation

Designed for relaxation, flexibility and mental clarity

Heart-Mind Life program, by Ronald Hilderbrandt

Thursday, September 11th and 25th 10:30 AM

Greater Lynn Senior Services (GLSS)

Assisting seniors with DTA, veterans benefits & housing

Robin DeStefano- GLSS Case manger

Tuesday, September 16th 11 AM-1 PM

Department of Public Health

Flu Clinic

High dose vaccine for seniors

Thursday, September 25th



Events

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

Hispanic Heritage Celebration Friday, September 19th 10:30 AM-1:30 PM \$5.00

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

September Observances and Closings

Monday, September 1st Labor Day- Senior Center Closed

Sunday, September 7th- Grandparents Day

Monday, September 22nd- First Day of Autumn, Rosh Hashanah begins at sundown

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

Head Clerk
 Angie Severino
 (781) 586-6879 Ext. 6506
 ASeverino@lynnma.gov

Supportive Service Specialist
 Barbara Barker
 (781) 586-6879 Ext. 6506
 BBarker@lynnma.gov

Reception
 Marge Harrington
 (781) 586-6879, Ext. 6504
 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 6th from 11am-3pm at the Frederick Douglass 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 we welcome the cooler days of Fall, there are many things to look forward to, from the vibrant foliage of New England to the Engaging programming offered by the Lynn Council on Aging. I would like to share a sampling of exciting events and activities coming over the next three months: Hispanic Heritage Celebration, Topsfield Fair, apple picking, Halloween party with costume contest, Thanksgiving celebration and a special trip to Nash Casino located at the Pheasant Lane mall in Nashua, NH.

Our monthly newsletter is available online. Please see the step by step directions below to find us online.

Step 1: Go to the city of Lynn website <http://www.lynnma.gov/home>

Step 2: In the search bar "What can we help you find" type Elder Services and hit enter.

Step 3: Click on Elder Services

You will see a blue box which lets you access:

General information, Resources, Newsletter and Photo Gallery.

With respect and gratitude for Lynn Seniors ,
 Meegan Best, Director of Elder Services



RELATIONSHIPS WORD SEARCH

Find and circle the words related to relationships

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

	AFFECTION		COMPROMISE		INTIMACY
	COMMITMENT		DATE		LOVE
	COMMUNICATION		FRIENDSHIP		LOYALTY
	COMPATIBILITY		HONESTY		PARTNER
	SUPPORT		TRUST		RESPECT

REGULAR MENU

Page 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Labor Day No Meals Served	2 1pc Bateman meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Peas 1pc MG Bread ½ cup Fruit	3 COLD: 3.5oz Egg Salad ½ cup Garden Salad ½ cup tabouli 1pc Yogurt 2pc Vienna Bread 1pc Menu Magic Dressing 1pc Juice (no milk)	4 3oz Pulled Pork 2oz BBQ sauce ½ cup Roasted Sweet Potatoes ½ cup Sauteed Collard Greens 1pc Burger Bun ½ cup Applesauce	5 1pc Crab Cake Congregate: 1oz Remoulade Sc. ½ cup Yellow Rice & Black Beans ½ cup Peach Cobbler 1 slice Oat Bread ½ cup Tomato & Cuke Salad
8 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1pc LS Wheat Bread ½ cup Canned Fruit 1pc Cranberry Sauce (cong)	9 Two Compartment 1 pc Lasagna 4 oz Marinara ½ cup Riviera Blend Veg 1pc Garlic Roll 1pc Cookie 1 pkt Parmesan cheese	10 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	11 COLD: 2 oz Roast Beef 1 slice Provolone Cheese 1pc Potato Chips Butternut Soup to replace Potato Chips ½ cup Garden Salad 2 slices MG Bread 1pc Fresh Fruit (orange)	12 3oz Grilled Chicken 2oz Piccata sauce ½ cup Rice Pilaf ½ cup Broccoli 1pc WW Bread ½ cup chocolate pudding
15 1pc Hamburger 2oz Au jus ½ cup Roasted Sweet Potatoes ½ cup Beets 1pc WW Burger Bun 1pc Gelatin 1pc Ketchup	16 ½ c Hawaiian Chicken salad ½ cup Potato Salad ½ cup Spinach Salad 1pc Cookie 2 slices MG Bread 1pc Dressing	17 Special: Chicken Hawaiian 1pc Grilled Chicken topped with ¼ cup Pineapple & Peppers ½ cup Island Style Fried Rice ½ cup Warm Strawberry Rhubarb ½ cup Garden Salad 1pc Dinner Roll	18 2 oz Ham 1 slice Swiss Cheese ½ cup Tabouli ½ cup Tomato Cucumber Salad ½ cup Applesauce 2pc WW Bread	19 Two Compartment 7oz Chicken & Wild Rice Salad w/ Lemon & Broccoli ½ cup Zucchini Salad 1pc WW Dinner Roll 1pc Gelatin
22 Rosh Hashanah 2 slices Roast Beef 1 pc American Cheese ½ cup Marinated Beets ½ cup German Potato Salad 2pc Oat Bread 1 pc Canned Fruit	23 Rosh Hashanah 1pc Broccoli & Cheese Egg Bake ½ cup Potatoes O'Brien ½ cup Carrots 1pc Fruit Loaf 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup	24 Rosh Hashanah COLD: 3oz Tuna Salad ½ cup Three Bean Salad Congregate: Vegetable Bean soup instead of 3 bean salad ½ cup Garden Salad 2 slices Wheat Bread ½ cup canned Fruit	25 Birthday Two Compartment 10 oz American Chop Suey 3oz beef ½ cup pasta 4oz Tomato sauce ½ cup Broccoli 1pc WW Garlic Roll 1pc cupcake	26 1pc Pork Sausage (Bianca) 2oz Peppers and Onions ½ cup Tater Tots 1/2 cup Roasted Butternut 1pc Hot Dog Bun 1pc Fresh Fruit
29 2oz Deli Turkey 1pc Swiss Cheese ½ cup marinated vegetables ½ cup Potato Salad 2pc Rye Bread 1 pc Brownie Cookie 1pc Mayo	30 Two Compartment Pasta & Meatballs 3 oz Chicken Meatballs 4 oz Marinara ½ cup Pasta ½ cup Capri Blend 1 pc Oat bread ½ cup Mandarins 1pc Parmesan			



September is here and thanks to our Garden Club, the rooftop garden is full of beautiful seasonal produce! Here is an update of what we have growing right now and hope to share with you all to taste this month! Also, September is a tremendous time to go to your local market and pantry for fresh vegetables. Please see our website and bulletin board to learn about local farmers markets in and around Lynn.



Fresh cucumbers for salad! (Johnnie Shelton and Kitchen Coordinator Mel)



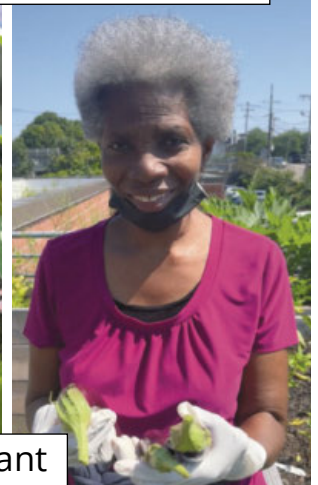
First harvest of zucchini with Pedro Brisita!



Sungold cherry tomatoes and red cabbage!



First harvest of eggplant with Angela Burris!



THANK YOU GARDEN CLUB!



September Monthly Schedule

Page 6

Monday	Tuesday	Wednesday	Thursday	Friday
1. Labor Day Senior Center Closed	2. 9 AM- Mass Health 10:30 AM- Eight Dimensions of Wellness 11 AM- Photo Club 11:45 AM- Lunch 12:30 PM- Chair Yoga 12:30 PM- Trivia	3. 9 AM - Podiatry 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	4. 10:30 AM- National Courtesy Month Activity 11:45 AM- Lunch 12:30 PM- Game Club 1:00 PM- Lynn Library Community Resources	5. 9 AM- Public Health screening 10:30 AM- Bingo 11 AM- Garden Club 11:45 AM -Lunch 12:30 PM- Bingo 1:30 PM- Horseracing
8. 10:30 AM- Traditional Bread Field Trip 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	9. 10:30 AM- Senior Chat 10:30 AM- Eight Dimensions of Wellness 11:45 AM- Lunch 12:30 PM- Chair Yoga 12:30 PM- Chess Club 3 to 5 PM- Supper Club	10. 10 AM Barber 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	11. 9 AM- Casino 10:30 AM- Mindful Meditation 11:00 AM- Zumba 11:45 AM- Lunch 12:30 PM- Chorus Club	12. 10:30 AM- JEDI Tech 11 AM- Garden Club 11:45 AM- Lunch 12:30 PM- Art with Sunil 12:30 PM- Learning with Larry
15. 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	16. 10:30 AM- Eight Dimensions of Wellness 11 AM- GLSS W/Robin 11:45 AM- Lunch 12:30 PM- Chess Club 12:30 PM- Trivia 12:30 PM- Chair Yoga	17. 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	18. 9 AM- Community Care Van 10:30 AM- LifeCare Presentation 11:00 AM- Zumba 11:45 AM- Lunch 12:30 PM- Movie Time	19. 9 AM- Mass Health 10:30 AM- Hispanic Heritage Celebration 11:45 AM- Lunch 12:30 PM- Art with Sunil 12:30 PM- Learning with Larry
22. 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	23. 10:30 AM- National Food Safety Activity Presentation 11:45 AM- Lunch 12:30 PM- ABC Home Health Care 12:30 PM- Chair Yoga	24. 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	25. 9 AM- Public Health Clinic 10:30 AM- Mindful Meditation 10:30 AM- Keolis Presentation 11:00 AM- Zumba 11 AM- Lunch Outing 11:45 AM- Lunch 12:30 PM- Trivia	26. 10:30 AM- Men's Group 10:30 AM- Sea glass with Maureen craft (rain date) 11:00 AM- Garden Club 11:45 AM- Lunch 12:30 PM- Birthday Celebration 12:30 PM- Art with Sunil 12:30 PM- Learning with Larry
29. 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	30. 10:30 AM- National Piano Month live music 11:45 AM- Lunch 12:30 PM- Chess Club 12:30 PM- Trivia 12:30 PM- Chair Yoga			

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 on

Wednesday, September 3rd 2025 9 AM

Barber Services

Cost \$10.00

Wednesday, September 10th 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



Traditional Breads (Lynn, MA) - Monday, September 8th, 10:30 AM- 12:30 PM

20 slots available. *Transportation for electronic mobility devices not provided for this outing.*

No Cost for Transportation. 20 slots available

The Brook Casino (Seabrook, NH) Thursday, September 11th, 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. 50 slots available

La Qchara Restaurant (Beverly, MA) Thursday, September 25th, 11:15 AM-1:15 PM

20 slots available. *Please inform staff during registration if you utilize an electronic mobility device.*

Transportation is \$3.00 Seniors self pay for lunch. 20 slots available

Tech Classes (Learning with Larry at Senior Center) Every Friday in September 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

Licensed Zumba instructor Mariely Nicasio. Starting Thursday September 11th 11:AM-11:45 AM.

Seniors encouraged to bring water bottles. 20 slots available. Grant funded program no cost to 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 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 September 2nd and Friday September 19th
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, September 9th

30 slots -\$2.00 3 PM-5 PM

Sea glass with Maureen- Friday, September 26th

6 slots No Cost 10:30AM-11:15 AM *rain date from August*

Art and Craft with Sunil- Fridays

20 slots -Grant funded 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 September 26th

10 slots- No cost 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.

Chess Club, 10 person limit

Learn the game of chess or brush up on strategies.

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:



To Councilor at Large Nicole McClain
Councilor Dianna Chakoutis
Councilor Natasha Megi
Councilor Obed Matul
Councilor Fred Hogan
Councilor Coco Alinsug
Councilor Brian LaPierre
Councilor Brian Field
Councilor Hong Net
Councilor Dr. Pete Meaney

Thank you for the August Ice Cream Social!





GOLD STANDARD FOR LONG TERM CARE



Shore View House

781-593-8099

✉ clbshoreview@yahoo.com

🌐 lynnhomeforelderly.org

a soft place to land

NEVER MISS
OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.

Visit www.mycommunityonline.com



VisitingAngels
LIVING ASSISTANCE SERVICES



Locally Owned & Nationally Known

Providing Personal Care • Errands • Shopping • Light Housekeeping
Medication Reminders • Respite Care for Families • Hourly & Live In Care

781.395.0023

VisitingAngels.com/MedfordMa

Each Visiting Angels agency is independently owned and operated.
*2022 Visiting Angels is a registered trademark of Living Assistance Services, Inc.

AdultFosterCare of the North Shore

Are you living with and caring for a loved one who needs daily assistance with their personal care? You could qualify as a paid caregiver through our MassHealth funded program. **Caregivers receive a tax-free monthly payment - up to \$1,700.**

AFCNS provides
supportive services
to families and
individuals.



Serving Essex County and beyond.

978-281-2612 www.adultfostercarens.com



MGH INSTITUTE
OF HEALTH PROFESSIONS

DR. CHARLES A. & ANN SANDERS
IMPACT
Practice Center
Health • Wellness • Learning

Learn.
Lead. Care.
Together.

Ruth Sleeper Center for Nursing Education and Practice



HOME VISIT PROGRAM

The Ruth Sleeper Nursing Center for Clinical Education and Wellness Nurse Led Mobile Service Program invites you to participate in our Home Visit program with our nurse practitioner students.

Monday: 9 AM to 1 PM (Monthly)

Free support services are provided by MGH Institute Nurse Practitioner students under the supervision of nursing faculty. Choose the services that best meet your needs

Achieving better health and well-being

- Wellness assessments
- Medication review and education
- Nutrition
- Mobility and Safety
- Health Promotion
- 1:1 Supportive Counseling

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

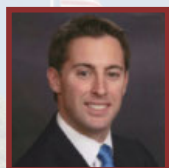
MGH INSTITUTE OF HEALTH PROFESSIONS
Charlestown Navy Yard, 2 Constitution Wharf, Boston, MA 02129

LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

CONTACT ME
Ileana Vasquez

ivasquez@lpicommunities.com
(800) 888-4574 x3105

SUPPORTING LYNN'S SENIORS



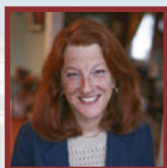
Sen. Brendan Crighton
617-722-1350



Rep. Peter Capano
617-722-2020



Rep. Daniel Cahill
617-722-2020



Rep. Jenny Armini
617-722-2140



Rep. Donald Wong
617-722-2488



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

City Of Lynn - Lynn, MA

06-5383

PLUMBING & DRAIN SERVICES
Your Local Plumber



- Clogs
- Slow Drains
- Leaks
- Water Heater Repair
- Water Heater Installs
- Plumbing Fixture Installs
- Garbage Disposals
- Toilet Installs
- Water Pressure
- Main Sewer Lines

CALL: 978-293-5770

G 4.9 RATING 5.0 RATING f 5.0 RATING

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here visit lpicomunities.com/adcreator



Foot & Ankle Associates

Dr. Quinn Charbonneau
DPM, FACFAS, ABPM

Dr. Dominick Garibaldi
DPM, FACFAS

Dr. Belinda Jeyaraj
DPM

www.dominickgaribaldidpm.com
Email: footanklewinthrop@gmail.com

Now offering early morning and late hours.

Call 617-846-2609
2 Chamberlain Ave., #2, Winthrop, MA

Is Your Estate in Order?

Wills • Trusts • Health Care Proxies • Powers of Attorney

Atty. Gerry D'Ambrosio

781-284-5657
www.dambrosiollp.com

IF YOU LIVE ALONE

MDMedAlert!™ **STARTING AT \$19⁹⁵ /mo.**

At HOME and AWAY!

- ✓ Ambulance
- ✓ Police
- ✓ Family
- ✓ GPS & Fall Alert

"STAY SAFE in the HOME YOU LOVE!"

800.809.3570 md-medalert.com

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

OUR COMMUNITY NEWSLETTER
OCTOBER EDITION

Visit lpicomunities.com

Scan to contact us!

THRIVE LOCALLY

ACE HANDYMAN SERVICES

An ACE Hardware Company

Home Repairs & Improvements
Carpentry • Painting • Stairs • Doors
Floors • Gutters • Fences • Drywall repair

Call 978-775-2210
essexcountynorth@acehandymanservices.com
www.AceHandymanServices.com

Affordable Senior Living

Jack Satter House
Hebrew SeniorLife

420 Revere Beach Blvd., Revere, MA | 781-289-4505
www.jacksatterhouse.org

Lynn Council on Aging

37 Friend Street
Lynn, MA 01902

Postage
PAID
Address
PERMIT NO.

CURRENT RESIDENT OR:

PROSPECT HOUSE
Assisted Living & Memory Care

Summer Anniversary Special!

\$4500 per month
In honor of our 24th anniversary, we're turning back time – literally – and offering a limited number of apartments at **throwback prices!**

Beat the Clock! Offer Expires When Limited Apartments are Gone!

It's not just the prices we've refreshed. Every apartment has been newly renovated, and our common areas have received a stylish update too. Prospect House has never looked better, and we can't wait for you to see it. Come discover Prospect House. It feels like home—only better.

Call Kristi at 781-853-0005 for details!

420 Reservoir Ave., Revere, MA 02151 | ProspectHouseAL.com
A HALLKEEN ASSISTED LIVING COMMUNITY

WE APPRECIATE OUR ADVERTISERS!

FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574

Since 1987,
Generations of
homeowners
have trusted
JP Carroll Roofing
to protect their
roofs and
everything
beneath.



Roof Installation & Repair

- Backed by 50-Year Warranties
- 0% Financing Option

(978) 209-8901

Call our Boston office in Danvers, MA
or visit **jpcarrollroofing.com**
to set up a free consultation!

