

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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OCTOBER 2025

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October Spotlight

Lynn Library Resources and Sign-up's

Monthly information, adult workshops and book reviews
Lindsey Robert from Lynn Public Library
Thursday, October 2nd @ 1:00 PM

Lynn Senior Chat with Calvin

Brett Bennett- Director of Inspectional Services
Tuesday, October 14th @ 10:30 AM

Rivers of Hope in-home care services

We focus on providing non-medical services such as personal care, companionship, and respite designed to complement and enhance the resources already available in the community.
Tuesday, October 21st @ 10:30 PM

Serving Health Insurance Needs of Everyone (SHINE)

Presenting SHINE resources and services for seniors
Annual Medicare open enrollment and the Medicare Planfinder
Tuesday, October 28th @10:30 PM

AARP Presents

Adapting & Transitioning As We Age
How best to enjoy our lives and loved ones
Tuesday, October 28th @ 12:30 PM

October Features

Zumba

Lynn Cultural Council grant funded program
Mariely Nicasio Licensed Zumba instructor
15 week series on Thursdays @ 11:00 AM

Lynn Calm Team

Culturally relevant support for anyone that seeks it
Our unarmed team provides trained, respectful response to the community
Tuesday, October 7th @ 9 AM

Community Care Van Clinic

Blood pressure screening, care and education
Diabetes screening, care and education
Tuesday October 14th @ 9 AM

Mindful Movement and Meditation

Designed for relaxation, flexibility and mental clarity
Heart-Mind Life program, by Ronald Hilderbrandt
Thursday, October 16th and 30th @ 10:30 AM

Greater Lynn Senior Services (GLSS)

Assisting seniors with DTA, veterans benefits & housing
Robin DeStefano- GLSS Case manger
Tuesday, October 21st 11 AM-1 PM

Department of Public Health

Infectious diseases during Fall/Winter presentation
Thursday, October 30th @ 10:30 AM



Event

Please note: Sign up's begin on the 1st of every month.
Registered members can call to reserve for events and outings. Registration is required.
Halloween Event Friday, October 31, @ 10:30 AM-1:30 PM. No cost
Please call the Reception Desk at (781) 586-6879 for inquiries.

September Observances and Closings

Wednesday, October 1st Yom Kippur Begins a Sundown
Monday, October 13th Indigenous Peoples' Day **Senior Center Closed**
Friday, October 31st, Halloween

STAFF DIRECTORY

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Mayor's Message

Each year, we observe National Hispanic-Latino Heritage Month from September 15 to October 15, by celebrating the histories, cultures, achievements, and countless contributions of those with Hispanic/Latino heritage.

National Hispanic-Latino Heritage Month serves as an opportunity to recognize that Hispanic and Latino people hold major significance in the story of both America and Lynn.

Our Nation—and especially our City—is represented by courageous, talented, and hardworking Hispanic and Latino leaders who strengthen our communities and make our home such a special place in the way they have shaped our social and cultural background.

This month and beyond, I am thrilled to celebrate all that the Hispanic community provides to our City.

My administration is focused on making equity a priority and ensuring that the BIPOC community—particularly our Hispanic/Latino

community—is at the forefront of our efforts to make Lynn a city that is inclusive for all our residents.

Hispanic/Latino heritage is American heritage.

Sincerely,

Mayor Jared C. Nicholson

Director's Message

Grandparent Support Group at Lynn COA

The Lynn Council on Aging (COA), in partnership with GLSS, is facilitating a support group for grandparents aged 60 and older who are raising their grandchildren due to the opioid crisis.

Meetings are held twice a month at the Lynn COA, located at 37 Friend Street. We provide light snacks and coffee during the gatherings.

If you're interested in joining us, please call the Lynn COA at

781-586-6879 and leave your name, phone number, and the best time to reach you with Marge, our receptionist. You'll receive a call back from me personally.

We'd love to have you with us!

With respect and gratitude for Lynn Seniors,

Meegan Best, Director of Elder Services

*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

Name: _____

Date: _____

All About Autumn

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 SWEATERS
 VETERANS

OCTOBER MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Yom Kippur 1pc Cheese Omelet 1pc Turkey Sausage 2pc Sausage (congregate) ½ cup Roasted Potatoes ½ cup Ratatouille 1pc Vienna Bread ½ cup Pineapple Fruit Whip	2 Yom Kippur Cold: 3.5 oz Diced Chicken Salad ½ cup Citrus Quinoa Salad ½ cup Carrot Slaw 2pc MG Bread 1pc Cookie No Margarine	3 Cuban 1 oz Sliced Pork 1 oz Ham 1 slice Swiss Cheese 2 slices Pickles 1 pkt Mustard ½ cup Potato Chips ½ cup Carrot Salad 2 slices Vienna Bread
6 2 oz Roast Beef 1 slice Swiss Cheese ½ cup Marinated Vegetables ½ cup Potato Chips ½ cup Applesauce 2 slices Rye Bread 1 pkt mustard	7 1pc Bateman meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Mixed Vegetables 1pc Vienna Bread	8 Hot dog (LS Beef/pork) ½ cup baked beans ½ cup Cinamon Apples ½ cup Latin Slaw 1pc Hot dog roll 1pc Mustard 1pc Relish	9 Fish Sandwich 4oz Potato Crunch Fish ½ cup Roasted Sweet Potato ½ cup Cheesy Cauliflower 1pc WW Burger Bun 1pc Tarter Sauce ½ cup Chocolate Pudding	10 Two Compartment 2pc Stuffed Shells 4 oz Marinara Sauce ½ cup Capri Blend 1 pc Oat Bread ½ cup Mandarins
13. Indigenous Peoples' Day Senior Center Closed	14 3oz Stuffed Chicken (Broccoli and Cheese) 2 oz Supreme sauce ½ cup Rice Pilaf ½ cup Beets 1 slice Vienna Bread	15 Two Compartment 10oz Beef Stew 3oz Stew Beef 4oz Celery, Carrots & Onions ½ cup mashed potatoes 1pc Cornbread	16 Birthday Two Compartment 3oz Ravioli 4 oz Ground Turkey Bolognese ½ c Broccoli 1 pc WW Garlic Roll 1pc Cake	17 1pc Cheese Omelet 1pc Turkey Sausage ½ cup Creamy Polenta ½ cup Green Beans & Tomato 1pc Fruit Loaf ½ cup Yogurt 1pc Juice (no milk)
20 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Green Beans 1 pc LS Wheat Bread ½ cup applesauce 1pc Cranberry Sauce (cong)	21 3oz Pollock 2oz Garlic & Lemon Butter ½ cup Brown Rice ½ cup Creamed Spinach 1pc Oat Bread ½ cup Gelatin	22 7oz Nicoise salad, green beans, tuna, red onion, eggs, tomatoes & Potatoes* 1/2 cup Garden Salad 1pc Rye Bread 1pc Fresh Fruit	23 Sheppard's Pie 3oz Ground beef & 2oz gravy ½ cup corn ½ cup mashed potatoes 1 pc Biscuit	24 Two Compartment Chicken Parmesan 1pc Breaded Chicken 4oz Marinara Sauce 1oz Mozzarella Cheese On top of 4oz Pasta ½ cup Broccoli 1pc WW Bread ½ cup Canned fruit
27 Two Compartment Beef Fajita 3oz Fajita Seasoned Sliced Beef 4oz Red & Green Peppers & Onions ½ cup Rice and Black Beans 1pc Tortilla ½ cup canned fruit 1pc Sour Cream	28 Two Compartment Coq au Vin 3oz Chicken Strips 4oz Wine Sauce with bacon, onions, herbs, onions, carrots & Mushrooms) ½ cup Steamed Potatoes 1pc Oat Bread	29 Two Compartment Italian Sub in a Tub Salad* 1 cup Garden Salad, tomatoes, onions 1oz Ham 1oz Mortadella 1oz Turkey Salami ½ cup Potato Salad ½ Pita Bread 1pc Cookie	30 1pc Crab Cake Congregate: 1oz Remoulade Sc. ½ cup Chuckwagon Corn ½ cup Peach Cobbler 1pm WW Roll ½ cup Tomato & Cuke Salad 1pc tarter sauce (HDM)	31 Roast Beef Sandwich 2 oz Roast Beef 1 oz Provolone cheese 1pc Potato Chips ½ Cup Broccoli Salad 2 slices Oat Bread 1pk Mustard

Our Summer at the Senior Center

We've had so many sweet Summer memories together! We look forward to many more to come in this Autumn season. Here's a look at some of our favorite moments together.



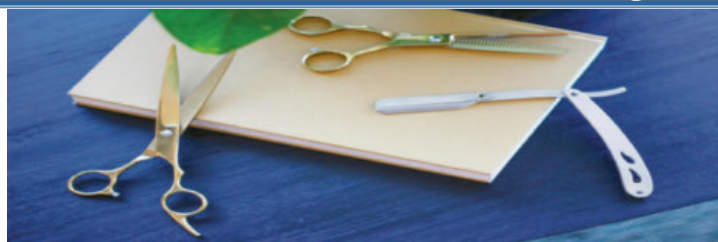
We sure know how to have a good time! The fun continues into Fall! :)

Monday	Tuesday	Wednesday	Thursday	Friday
		1. 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	2. 10:30 AM- Coffee Trivia 11:00 AM- Zumba 11:45 AM- Lunch 12:30 PM- Chorus 1:00 PM- Lynn Library Community Resources	3. 9 AM-Knitting/Crochet 10:30 AM- Games 11 AM- Garden Club 11:45 AM -Lunch 12:30 PM- Art with Sunil 12:30 PM-Learning with Larry
6. 10:00 AM- Election Department 10:30 AM- Topsfield Fair 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	7. 9 AM-Mass Health 10:30 AM- Lynn Calm Team Presentation 11:45 AM- Lunch 12:30 PM- No Chair Yoga 12:30 PM- Chess Club	8. 10 AM Barber 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	9. 9 AM- Casino 10:30 AM-Mystery Box 11:00 AM- Zumba 11:45 AM- Lunch 12:30 PM- Chorus Club	10. 9 AM-Knitting/Crochet 10:30 AM-Games 11 AM- Garden Club 11:45 AM- Lunch 12:30 PM- Art with Sunil 12:30 PM-Learning with Larry
13. Indigenous Peoples' Day <u>Senior Center Closed</u>	14. 9:00 AM- Community Care Van 10:30 AM- Senior Chat 11:45 AM- Lunch 12:30 PM- Chess Club 12:30 PM- Chair Yoga 3 PM to 5 PM- Supper Club	15. 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	16. 10:30 AM- Transportation Survey Focus Group 10:30 AM-Mindful Meditation 11:00 AM- Zumba 11:45 AM- Lunch 12:30 PM- Coloring with jazz	17. 9 AM- Mass Health 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing
20. 10:00 AM- Traditional Bread Outing (rain date) 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	21. 10:30 AM- Rivers of Hope Presentation 11 AM- Robin with GLSS 11:45 AM- Lunch 12:30 PM- Chess Club 12:30 PM- Chair Yoga	22. 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	23. 10:30 AM- Movie Time 11:00 AM- Zumba 11: 15 AM- Flaming Grill, Lunch Outing 11:45 AM- Lunch 12:30 PM- Trivia	24. 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- Art with Sunil 12:30 PM-Learning with
27. 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	28. 10:30 AM- SHINE Presentation 11:45 AM- Lunch 12:30 PM- AARP Presentation 12:30 PM- Chess Club 12:30 PM- Chair Yoga	29. 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	30. 10:30 AM- Public Health Presentation 10:30 AM-Mindful Meditation 11 AM- Zumba 11:45 AM- Lunch 12:30 PM-Attorney General's Office Presentation on Scams	31. 10:30 AM- Halloween Party/ Custom Contest 11:45 AM- Lunch 12:30 PM- Birthday Celebration 1:00 PM- Trick/or Treat in office areas

Mass Health Assistance

Tuesday October 7th and Friday October 17th
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

Barber Services

Cost \$10.00

Wednesday, October 8th 10:00 AM

Tiger Style
LVTI Cosmetology Salon

Hair

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

Beauty Services 9:30 AM-11:30 AM

Hair and Nail Services will be provided by

Lynn Technical School

**Confirm appointments by Wednesday,
October 8th.**

**One round trip transportation per
month**

Thursday, October 9th

October or November – Annual Medicare Open Enrollment and the Medicare Planfinder

Medicare beneficiaries who are interested in comparing health insurance and Part D coverage can meet with SHINE beginning 10/15 to receive cost and coverage comparisons. SHINE can assist you with dropping from one plan and enrolling in a new plan. All plans available are approved by Medicare and open enrollment ends on 12/7.

If you are thinking about changing coverage, please check with doctors to see what plans they accept; obtain a current medication list with dosage or view your My Medicare account to update medications. To create a My Medicare account for the first time visit: <https://www.medicare.gov/account/create-account> and jot down your username and password. To view all Medicare Advantage and Part D plans available in Massachusetts visit: <https://www.medicare.gov/> and click Find Plans Now. Before making decisions be sure to review plan websites for summary materials and specific coverage.



UNDERSTANDING

Medicare



Topsfield Fair (Topsfield, MA)- Monday, October 6th, 10:30 AM-1:30 PM

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

There is a \$5.00 fee for transportation. \$10.00 tickets for seniors on this day.

Encore Casino (Everette, MA) Thursday, October 9th. Bus will promptly depart at 9 AM and return by 3:30 PM.

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

There is a \$10.00 fee for transportation. \$2.00 tip gratuity for driver. 50 slots available.

Traditional Breads (Lynn, MA) - Monday, October 20th, 10:00 AM- 12:30 PM (Raincheck date from September)

20 slots available. *This facility does not offer handicap accessibility.*

No Cost for Transportation. 20 slots available.

Flaming Grill Buffet (Revere, MA) Thursday, October 23rd 11:15 AM-1:15 PM

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

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

Tech classes (Learning with Larry at Senior Center) Friday October 3rd, 10th and 24th 12:30 PM-1:15 PM.

20 slots available. Learn basic computer skills in a warm supportive environment.

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.**



Sign Up Section

Supper Club- Tuesday, October 14th

30 slots -\$2.00 3 PM-5 PM

Sea glass with Maureen- Friday, October 24th

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 October 24th 10:30 AM-11:15 AM

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: \$

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☐ Please Accept my Donation in appreciation of: \$

Persons Name:

Send card to:

Donated By:

We thank the Friends of Council on Aging for their donation of gifts cards for Senior Citizen's Day which was celebrated on August 21st 2025.

And we also thank Councilor Alinsug for his donation of gift cards towards this event.





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Monday: 9 AM to 1 PM (Monthly)

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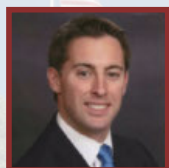
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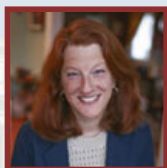
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Lynn Council on Aging

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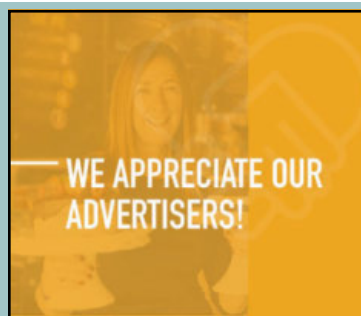
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