



Lynn Senior Center Newsletter

LCOA Senior Center • 8 Silsbee Street, Lynn, MA 01901
781.599.0110

April 2011

HONORABLE JUDITH F. KENNEDY
Mayor of Lynn

STACEY MINCHELLO
Editor / Senior Center Director

PUBLISHED MONTHLY

This Publication is sponsored financially by the City of Lynn & the Executive Office of Elder Affairs

FROM THE MAYOR....

I hope you are beginning to enjoy these warmer, spring days and the start of yet another exciting Red Sox season.

This month promises to be an active one. There are three upcoming performances at the Lynn Memorial Auditorium. The first will be Columbian musician Juanes on April 9. Next up, the Texas Tenors come to town on April 22. This event was rescheduled from Jan. 7 and previous tickets will be honored. On April 30, the Boston Gay Men's Chorus will perform their Spring GLEE! production. The event is sponsored by Lucia Lighting & Design. For all events, doors open at 7 p.m. and performances begins at 8 p.m. For tickets, please visit www.lynnauditorium.com, call the Lynn Auditorium box office at 781-581-2971, or purchase them at the box office, Lynn City Hall Room 311.

Also this month, the art work of our city's students will be on display at LynnArts. I invite you all to visit and take a look at their accomplishments. During the exhibit, the panels that students from the Thurgood Marshall, Breed and Pickering middle schools and St. Mary's Junior/Senior High School designed and created for a three-story mural, illustrating the rich history and promising future of Lynn, will be unveiled. The project is an exciting one, and will serve as a beautiful gateway to our downtown.

For those of you observing Easter, Greek Easter, Passover or any other religious holiday, I wish you happy and healthy celebrations with your families.

Be well,

Mayor Judith Flanagan Kennedy

Letter from the Director...

Letter from the Director...

HEY! It's already next year! New season! Forget all the injuries. Let's do the simple math.

World Series Champions Boston Red Sox	2004
	2007
4+7 = 11	2011

That's how easy it is! You've heard it before... "Oh, this year is going to be great, the roster is pumped!" We are so taking the championship this year. Plus, looking ahead.... FENWAY PARK will be 100 years old in 2012, so it would be grand to add the 2011 championship to the ceremonies!

GO Sox!
More math:
Start with Ted William's 1941 batting average without the decimal _____

Minus(-)the longest number of years between world titles _____

Divided by (÷) Cronin's uniform number _____

Minus(-) years Babe Ruth played for the Sox _____

Divided by (÷) Lee or Piersall uniform number _____

= What's the result? _____

Answer in May's newsletter. First correct answer to Stacey 781-586-8503 wins a Red Sox Hat!

APRIL HAPPENINGS!

Fri, April 1st	Food Stamps Assistance "SNAP"	9:00 a.m. to 3:00 p.m.
Tues, APRIL 5th	KARAOKE with Christy!	11:30 am -1:00 pm
Weds, April 6 th	HAIR SALON HOURS	9:00 a.m. to 1:00 p.m.
Weds, April 6 th	Walk in <u>or</u> appointments at the senior center	12 pm – 1pm
Thurs, April 7th	Free Vision Screening NE College of Optometry	10:00 am – 11:00 a.m.
Thurs, April 7 th	TRIAD: Safety for Seniors presentation	10:00 a.m. – 11:00 a.m.
	Sergeant Jim Flynn, Lynn Police Department	
	Taking Off Pounds Sensibly	
Fri, April 8th	<u>OPENING DAY FENWAY PARK</u>	Hot Dogs!
Tues, April 12 th	Blood Sugar Clinic "Lucy Booth" Open!	2:05 pm Game time
Tues, April 12 th	Nurse available for your questions.	8:30 a.m. – 10:00 a.m.
Weds, April 13 th	Veterans Services Office Hours	10:00 a.m. – 12:00 p.m.
Weds, April 13 th	HAIR SALON HOURS	9:00 a.m. to 1:00 p.m.
Weds, April 13 th	Walk in <u>or</u> appointments at the senior center	10:30 a.m. – 1:00 p.m.
Thurs, April 14 th	Field Trip: Abbott House & Horseracing \$2	8:00 am – 9:00 am
Thurs, April 14 th	Omelet Breakfast \$2 senior \$3 staff	10:00 a.m. – 11:00 a.m.
Thurs, April 14 th	Taking Off Pounds Sensibly	
Thurs, April 14th	PENNY SALE Friends of LCOA	12:00 pm – 1:00 pm
Fri, April 15th	Boston Food Bank: <u>Brown Bag</u>	10:00 a.m. – 12:30 p.m.
Fri, April 15th	→→→→→→→ Entertainer: PAUL WAYNE!!!	11:30 am – 12:30 pm
Fri, April 15th	Massage Therapy Appointments	\$5
		1:00 p.m. – 3:00 p.m
Mon, April 18th	Patriots Day	Closed
Weds, April 20 th	HAIR SALON HOURS	9:00 a.m. to 1:00 p.m.
Weds, April 20 th	Walk in <u>or</u> appointments at the senior center	10:30 am – 2:30 pm
Thurs, April 21 st	Lunch Trip: Cracker Barrel Tewksbury \$2	10:00 a.m. – 12:30 p.m.
Thurs, April 21 st	Podiatry Appointments	10:00 a.m. – 11:00 a.m.
Thurs, April 21 st	Taking Off Pounds Sensibly	
Tues, April 26th	Women's Group Meeting	11 am
Tues, April 26 th	Blood Pressure Clinic "Lucy Booth" Open!	8:30 a.m. – 10:00 a.m.
Weds, April 27 th	Nurse available for your questions.	9:00 a.m. to 1:00 p.m.
Weds, April 27 th	HAIR SALON HOURS	10:00 pm – 11:00 pm
Weds, April 27 th	Walk in <u>or</u> appointments at the senior center	
Thurs, April 28 th	Guest Speaker: No Shore Community College OT students	
Thurs, April 28 th	Discussion: "Shower Safety"	
Thurs, April 28 th	FRIENDS MEETING	10:00 a.m. – 11:00 a.m.
	T.O.P.S. Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
	Field Trip: North Shore Mall \$2	10:30 am – 1:00 pm
Fri, April 29th	Massage Therapy Appointments	\$5
		1:00 p.m. – 3:00 p.m.
Fri, May 6th	Food Stamps Assistance "SNAP"	9:00 a.m. to 3:00 p.m.

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LYNN SENIOR CENTER DAY TRIPS! 2011 SCHEDULE

WEDS, AUGUST 24 **FOSTER'S CLAM BAKE** \$62

Departs from the senior center at 8:30 am. Enjoy scenic tour to Nubble Lighthouse. Clam Chowder, Mussels, Maine clams, LOBSTER!, corn on the cob, potatoes, onions, blueberry cake. BBQ chicken available as alternate entree. Visit Hampton Beach area on the way home. Minimal walking/wheelchairs accessible.

Approximate arrival time is 5:30 pm.

FRI, SEPTEMBER 23 **SCALLOP FESTIVAL** \$60

Departs from the senior center at 8:00 a.m. Admission to the Scallop Festival. FRIED scallops, coleslaw, French fries, soft drink. Roasted chicken available as an alternative entrée. Craft vendors on site. Once you've enjoyed the festival, hop on to a 90 minute narrated harbor cruise.

Approximate arrival time is 6:00 pm.

WEDS, OCTOBER 12 **TURKEY TRAIN** \$65

Departs from senior center at 8:00 a.m. Board a NH railroad dining car for a scenic foliage train ride while enjoying a full turkey dinner. Sightseeing and more foliage on the ride home.

Approximate arrival time is 5:30 pm.

MON, DECEMBER 12 **HOLIDAY REVUE INDIAN HEAD** \$65

Departs from senior center at 8:30 a.m. Arrive at Indian Head to a welcome reception with a souvenir picture for everyone. Receive a gift certificate to the gift shop! Enjoy a deluxe buffet followed by a live Holiday floor show. Enter a chance to win a grand prize drawing. Depart at 4pm

Approximate arrival time is 5:30 pm.

Prepaid reservations required.

The Lynn Senior Center allows persons under 60 yrs old on our day trips if they are accompanying an elder as a companion. Companions must be 18yrs or older.

Call Stacey @781-586-8503 with any questions

TWIN RIVERS

April 14th, May 19th, June 16th

\$18

10:30 am Bus leaves from REVERE, Taco Bell, North Gate Plaza, Pay on bus
7-7:30 pm Depart from Casino

MOHEGAN SUN

Every Tuesday

\$25

Call Elaine 781-289-6144

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.



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Wellness Watch - April 2011

Getting the Facts about Aging and Alcohol

Did you know that?

- Older Adults are more sensitive to alcohol than younger adults.
- Alcohol can interact dangerously with some prescription and over-the-counter medicines.
- Alcohol can be especially risky for people with diabetes, high blood pressure, liver disease or memory loss.
- Heavy drinking can cause or make health problems worse and can contribute to falls, trouble sleeping and heart problems.

You can help prevent problems with alcohol by talking with your doctor or nurse to find out:

- If alcohol use is safe for you
- How much is safe for you to drink
- If alcohol will interact with your medicines (your pharmacist can also help)

To limit your risk, let your doctor know if you drink alcohol, even if it's just once in a while. Use the **Reminder Sheet** for your Doctor Visit mentioned in this newsletter.

If you think you have a drinking problem, here are some things you can do:

- Talk with a health professional. Ask about medicines that may help.
- Ask for help at the Lynn Senior Center.
- Find a support group for older adults with alcohol problems.
- Visit a trained counselor.
- Choose individual, group, or family therapy, depending on what works for you.
- Join a 12-step program such as AA (Alcohol Anonymous). AA groups offer support and have programs for people who want to quit drinking.

Making a change in your drinking habits can be hard. Do not give up! If you do not reach your goal the first time, try again.

Adapted from *Getting the Facts About Aging and Alcohol*, National Institute on Aging and *Healthy Aging, Medications and Alcohol*, Massachusetts Department of Public Health

Resources

Healthy Aging: Medications and Alcohol, a free booklet that gives information and suggestions about safe use of medicines. Also included is information about safe alcohol use.

1-1-1-6637

www.maclearinghouse.com

Getting Older and Wiser: Safer Drinking as You Age, a free booklet for adults over 50 that describes some of the changes with age that cause increased risk with alcohol use. Gives safety tips and suggestions.

1-800-952-6637 www.maclearinghouse.com

Getting the Facts About Aging and Alcohol, a free booklet that lists facts about alcohol use, tips for changing drinking habits, a self assessment tool, and suggestions for family, friends and caregivers.

www.nia.nih.gov/HealthInformation/Publications/AlcoholBooklet/04

1-800-222-2225

Susan H. Brown, GLSS Community Education Nurse 781-599-0110

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If you (or someone you know) have broken a hip and are aged 60 years or older, you may be eligible to participate in a research study at Boston University. People who qualify for this research study will receive either:

- a DVD-based home exercise program supervised by a physical therapist, or
- a nutrition education program



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C O M P U T E R

C L A S S E S



**Lynn Senior Center
Computer Room, 1st Floor
8 Silsbee Street, Lynn
781-586-8503**

All courses must be pre-paid at the time of registration to reserve your seat. If mailing your payment, make check payable to:

LCOA
Attn: ROSA
8 Silsbee Street
Lynn, MA 01901

Expect a phone call confirming your seat. All computer students must register for a Lynn Senior Center membership card before the first class. All students are also required to sign a compliance policy and procedure form.

Computer Class Schedule: Mondays...

April 18, 25, May 2, 9, 16

Next Dates:

May 23, June 6, 13, 20, 27

To Place an Ad Call

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COMPUTER CLASS DESCRIPTIONS:

Introductions to Computers & Windows XP

(Five Week Course)

This basic introductory course is for students with little or no experience. This five week course introduces the beginner to learn the basics in keyboard and mouse operations, basic computer operations including Input, Output, Processing, and Storage. The student will learn the basics of Window XP and its functionalities, basic Word Processing and Terminology.

10:00 a.m. – 11:00 a.m.

Cost: \$50.00

Introduction to Microsoft Word

(Five Week Course)

This basic introductory course is for students with little or no word processing experience. This five week course introduces the beginner to the concept of word processing using Microsoft Word 2003. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert Pictures and Print Documents.

11:15 a.m. – 12:15 p.m.

Cost: \$50.00

Introduction to the Internet

(Five Week Course)

This introductory course is for students with little or no internet experience. This four week beginner course introduces the student to the concept of the Internet and the World Wide Web (WWW). The student will learn the basics of the Internet, Search Engines, Website access, creating an Email account, Sending and Receiving Emails, Downloading, the basics of Voice and Video Chat, Forums & User Groups, and Terminology.

12:30 p.m. – 1:30 p.m.

Cost: \$50.00

Requested Donation
\$2.00

Greater Lynn Senior Services Community Cafe Menu - APRIL 2011

Community Café Coordinator
Kathleen Stapleton 781-586-8685

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please note that entrees marked ** are High Sodium</p>				<p>1 Veggie Lentil Soup Egg Salad/Bulkie Roll Potato Salad Jell-o ALTERNATIVE California Chix Salad Roll</p>
<p>4 ** Hot Dog**/Roll Veggie Baked Beans Cole Slaw Cookie ALTERNATIVE Turkey Burger/Roll</p>	<p>5 Meatloaf/Gravy Scalloped Potato Veggie Ratatouille Chilled Mixed Fruit ALTERNATIVE Fish Florentine/Lemon Sauce</p>	<p>6 Veal Cacciatore Steamed Rice Italian Green Beans Chilled Pineapple ALTERNATIVE Sweet & Sour Chicken Tenders</p>	<p>7 Cream of Broccoli Soup Lemon Parm Tyson Chix Whipped Potato Pudding ALTERNATIVE **Ham & Cheese Quiche**</p>	<p>8 Mac & Cheese Baked Tomato Half Green & Golden Beans Fresh Fruit ALTERNATIVE Salisbury Steak/Potato</p>
<p>11 Lasagna w/Meat Sauce Roman Blend Veggies Jell-o ALTERNATIVE Haitian Chicken/Rice/Okra Roman Blend Veggies</p>	<p>12 Minestrone Soup Boneless Chix Tarragon Garlic Whipped Potato Chilled Peaches ALTERNATIVE Beef Strip Steak/Gravy</p>	<p>13 Apple Glazed Roast Pork Baked Potato/Sour Cream Country Blend Veggie Fresh Fruit ALTERNATIVE BBQ Tyson Chix</p>	<p>14 SPRING SPECIAL Hamburger/Roll Lettuce/Tomato/Pickle Sliced Cheese Potato Salad Warm Apple Cobbler</p>	<p>15 Lemon Pepper Dill Fish O'Brien Potato Butternut Squash Chilled Peaches ALTERNATIVE Meatballs/Gravy</p>
<p>18 HOLIDAY</p>	<p>19 Stuffed Pepper/Sauce Diced Seasoned Potato Summer/Spring Veggie Muffin/Chilled Apple Sauce ALTERNATIVE Chicken Marsala</p>	<p>20 Rosemary Herb Tyson Chicken Lyonnaise Potato Italian Blend Veggies Fresh Fruit ALTERNATIVE Liver & Onions</p>	<p>21 Potato Leek Soup Shaved Roast Beef/WW Pita Purple Cabbage Cole Slaw Chilled Pineapple ALTERNATIVE Turkey Salad/WW Pita</p>	<p>22 GOOD FRIDAY Baked Scrod Newburg Cheddar Whipped Potatoes Green Beans/Cake ALTERNATIVE Salisbury Steak/Gravy</p>
<p>25 Chix Broccoli Noodle Casserole Carrots Chilled Peaches ALTERNATIVE Beef Rib BQ/Gravy Whipped Potato/Carrots</p>	<p>26 Mild Chili Steamed Rice Tossed Salad/ Corn Bread Mandarin Oranges ALTERNATIVE Chicken Teriyaki/ Rice/Ital Beans</p>	<p>27 Chicken Veggie Soup Pot Roast/Gravy Oven Roasted Potato Cookie ALTERNATIVE Pier 17 Fish Creole</p>	<p>28 Swedish Meatballs/Gravy Whipped Potato Beets Pudding ALTERNATIVE Veggie Quiche</p>	<p>29 Roast Turkey/Gravy Cran Sauce/ Sweet Potato Peas & Onions/ Muffin Fresh Fruit ALTERNATIVE Pork Patty/Gravy</p>

ALL MEALS SERVED WITH BREAD AND 1% MILK AND CRACKERS SERVED WITH SOUP

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SENIOR CENTER ACTIVITIES

APRIL 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 - 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING CLASSES	9:30-11:15 TRIVIA PUR- SUIT
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	10:00-11:30 KNITTING & CONVERSA- TION
11:15- 12:15 COMPUTER CLASS: WORD	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-2:30 CRIBBAGE	9:30-11:00 WHIST	10:30-12:00 ACRYLIC PAINTING CLASSES	11:30-12:15 EXERCISE CLASS
12:30-1:30 COMPUTER CLASS: INTERNET	1:00-2:45 POKENO	10:45-12:30 LUNCHEON	12:45 - 1:45 LINE DANCING	1:15-2:45 BINGO
1:15-2:45 BINGO		1:00 - 3:00 MOVIE	1:30-3:30 JAPANESE BUNKA EMBROIDERY	
		1:00-3:00 'PENNY ANTE' POKER	2:00-3:00 HORSE RACE GAME	

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Volunteer Position: The Senior Center lunch site is looking for an individual to wash dishes, pots and pans. We have a commercial dishwasher; minimal manual washing required. We will train. Flexible days M-F, 10:30 – 1:30 pm. Great opportunity for someone looking for community service hours or an employment reference. Call Kristi at 781-599-0110

Donate your yarn!
We are looking for clean skeins of yarn to help our knitting group work on charity projects. Drop off at the center M-F 9am – 3pm
Thank you!

Spring into Spring! Check out our events!

- April 5** Karaoke with Christy
11:30 am – 1:00 pm
- April 8** **Opening Day Fenway Park**
2:05 pm start time
Come see the Yankees get whipped on wide screen home theatre!
Kayem Hot dogs!
- April 14** **Omelet Breakfast**
8:00 am – 9:15 am
\$2.00
- April 14** **Penny Sale**
12:00 pm – 1:00 pm
Hosted by: FRIENDS of LCOA
- April 15** **“Get Your Happy On”**
11:30 am – 12:30 pm
Live Entertainer Paul Wayne
Smiles required!
- April 19** **Mobility Management Presentation**
9:30 am – 10:30 am Game Room
Come discuss your transportation needs and options

For all you do, Cheryl Donnelly- Thank you!
~ Kiki Chaiton

Thank you for your generous donation
~Leo and Jean Milmore

Happy Birthday, Margaret Reynolds (Mar 7th)
~anonymous

**FRIENDS OF THE
LYNN COUNCIL ON AGING
CAMPAIGN**

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 checks payable to: the FRIENDS of LCOA

Please accept my donation of \$ _____

_____ **in memory of** _____ **in honor of**

Send card to: _____

Donated by: _____

Thank you.

How to get the most out of your Doctor's Visit!

Helpful tips:

Ask questions! Doctors want you to understand how to manage your healthcare, but they are not mind readers. They won't know if you don't tell them.

Take a friend or family member to your appointment.

Bring a list of all current medications.

Review all instructions before you leave the doctors office. Be comfortable and confident.

Ask who you can call if you need to.

The Lynn COA has helpful resources. Stop in and pick up your free personal health journal at the Lynn Senior Center. Enclosed in this newsletter is a helpful doctor's sheet for your use.

Do you feel safe?

The Lynn Council on Aging TRIAD committee welcomes you to a FREE seminar to learn how to keep yourself safe. We welcome Lynn Police Officer Sergeant James Flynn who will be the guest speaker for this event. John Russell from the Essex County Sheriff's Department will be on hand to field questions as well. If you are interested in joining TRIAD, this is a great time to see what we are all about!

Thursday, APRIL 7th 10 am Lynn Senior Center

Spring is coming! Don't be shy. Bring in your ideas! Maybe there's somewhere you'd like to go on a day trip! Is there an activity you'd like to see offered at the senior center? Interested in a book club? What movies were you thinking might be great? Want to learn something new? Call us! 781-586-8503

Elder Wii Bowling!!!

Briarcliff Lodge Wii bowlers played the Lynn Senior Center Wii bowlers. It was neck and neck! Lynn won with a score of 397 to Briarcliff's 326. Thank you to Briarcliff for all the fun- Paul, Ron, Bill, and Joan!! Thank you to Rich, Neil, Rose, Dan, Donna, Sandy!

The Lynn Senior Center is looking for hand knit baby blankets to support a partnership program that supports young mothers/pregnant mothers who have cancer. All donations welcomed whether yarn or completed blankets. Consider joining the knitting group at the senior center on FRIDAYS @ 10:00 – 11:30 am

MOVIES... every Wednesday!

*Free Popcorn and soda
Wide Screen Plasma Home Theatre System*

April 6	Red	2010	PG-13
April 13	The Quiet Man	1952	NR
April 20	Secretariat	2010	PG
April 27	Arsenic & Old Lace	1944	NR

Is there a flick you want to see?
Call us or email us?

Movies are subject to availability.



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Committed to Life at Home

The Good News: The Medicare Part D “donut hole” is closing.
The Bad News: Not until the year **2020**.

The federal Patient Protection and Affordable Care Act (often known as Health Care Reform) provides for gradual closure of the Medicare Part D “donut hole.” That hole will not fully close until 2020.

This year, when Medicare beneficiaries (who do **not** get Extra Help) reach the donut hole, their Part D plan will pay 50% of covered brand name drugs and 7% of covered generic drugs. The beneficiary’s cost will be the remaining 50% (brand name) or 93% (generic). If you take a brand name drug that costs \$300, you will still have to pay \$150!!

This is where **Prescription Advantage** can help

Prescription Advantage, the Massachusetts prescription drug assistance program, can help reduce your out-of-pocket costs even further when you reach the donut hole.

To find out how to lower your drug costs, call Prescription Advantage or TTY for the deaf and hard of hearing at **1-977-610-0241**. The money you save can be your own.



Special Birthdays celebrated at the senior center on St. Patrick’s Day
Left to right: Joseph Burke, 90, Candida Arsenault, 90, Joseph Cahoon, 80, John Nappi, 80
Also in photo: Stacey Minchello, Kristi Harris, Rosa Paulino Diaz

ON YOUR FEET!

U	I	H	O	E	H	E	P	T	R	T	R	G	J	S				<p><u>WORD LIST</u></p> <p>BOOTS</p> <p>CLOGS</p> <p>ESPADRILLES</p> <p>FLIP-FLOPS</p> <p>FLIPPERS</p> <p>GALOSHES</p> <p>LOAFERS</p> <p>MOCCASINS</p> <p>MULES</p> <p>PLIMSOLLS</p> <p>PUMPS</p> <p>SANDALS</p> <p>SKATES</p> <p>SKIS</p> <p>SLIPPERS</p> <p>SNEAKERS</p> <p>SOCKS</p> <p>STILETTOS</p> <p>TENNIS SHOES</p> <p>TRAINERS</p> <p>WADERS</p> <p>WELLINGTONS</p>
B	B	G	K	P	K	X	X	Q	R	F	L	O	G	S				
E	N	H	A	L	S	N	E	A	K	E	R	S	S	I				
S	S	P	O	L	F	P	I	L	F	Q	E	G	R	K				
P	N	A	L	S	O	N	Q	V	B	W	O	N	E	S				
A	O	S	A	Q	E	S	O	C	K	S	S	W	P	R				
D	T	N	K	R	S	S	H	H	G	K	G	B	P	E				
R	G	I	S	O	A	L	O	E	A	E	O	N	I	F				
I	N	S	E	N	N	L	J	T	S	O	L	B	L	A				
L	I	A	L	N	D	O	E	N	T	N	C	I	S	O				
L	L	C	U	V	A	S	W	S	H	E	P	R	H	L				
E	L	C	M	H	L	M	K	W	E	P	L	W	O	Y				
S	E	O	H	S	S	I	N	N	E	T	V	I	Q	X				
M	W	M	Q	A	M	L	S	R	E	D	A	W	T	R				
K	E	C	P	U	M	P	S	M	E	I	N	M	A	S				

Attention all seniors... Please, Please, Please ... Sign in!

PLEASE use your scan card to sign in for ALL ACTIVITIES; including lunch.
 We need to be able to justify budget money allotted to the senior center. Record of your attendance is key to receiving funding. On the flip side, only sign in for the activities you actually attend. We are seeing some inflated swipes. Volunteers: Remember to log your volunteer hours daily.

**LYNN
COUNCIL ON
AGING**

John W. Baker

*

Edmund Brown

*

Daniel P. Hanlon

*

George Meimeteas

*

Charles Mitchell

*

Frances Taggart

LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
LYNN, MASSACHUSETTS 01901
(781) 599-0110

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HEALTH FOCUS PROGRAM



LYNN SENIOR CENTER

April 2011

VETERAN'S SERVICES

April 12th
10:00 am - 12:00 pm

**BLOOD SUGAR TESTING
FOR DIABETICS**

April 12th
8:30 am - 10:00 am
*(Nurse available during these clinics
for any health questions.)*

BLOOD PRESSURE

April 26th
8:30 am - 10:00 am
*(Nurse available during these clinics
for any health questions.)*

MASSAGE THERAPY

April 15th and April 19th
1:00 pm - 3:00 pm
Call for appointment.

PODIATRIST

April 21st
10:00 am
Call for appointment.
Bring insurance card.

HAIR SALON

Wednesdays
9:00 am - 1:00 pm
Walk-ins or appointments.