



Lynn Senior Center Newsletter

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

DECEMBER
2010

ISSUE 172

PUBLISHED MONTHLY

HONORABLE JUDITH F. KENNEDY
Mayor of Lynn

STACEY MINCHELLO
Editor / Senior Center Director

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

FROM THE MAYOR....



As the holiday season quickly approaches, this time of year presents us with the challenge of balancing the hustle and bustle with the opportunity to take a step back from our busy daily lives and enjoy some time with family and friends, especially those for whom we might not make as time as we would like throughout the rest of the year.

To help us get in the holiday spirit, on Saturday, Dec. 4, there will be a wreath hanging at intersections throughout the city, especially in the downtown area. The Christmas Eve parade will again wind its way through city streets on Dec. 24, starting around 5 p.m.

Memorial Auditorium at City Hall is hosting several entertaining concerts over the next few months, including Julio Iglesias on Dec. 5 and Kenny Rogers on Dec. 18. For more information, visit www.lynnauditorium.com.

Manning Field will be the site of several MIAA tournament soccer games as well as a football playoff doubleheader Nov. 30. There should be plenty of exciting action.

For many of us, the season is made more meaningful by observance of a religious holiday. So whether you celebrate Hanukkah, Christmas, Kwanzaa, Las Posadas, or any other holiday, here's hoping you have a blessed and fulfilling season.

Best wishes,
Mayor Judith Flanagan Kennedy

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

~ Margaret Mead

HAVE YOU EVER HEARD OF PAY IT FORWARD?

It's the simplest concept I have ever heard. When something good happens to you, or someone does something good for you, then you turn around and do something good for someone else.

A frazzled woman is obviously in a rush; let her cut you in line at the supermarket. In turn she should pay it forward, somehow someday. It can also be a simple gesture. She might pay for someone else's bus fare. Then the bus passenger sends good will... and on and on and on...

What about the days you feel like everything is going wrong, then you get a hug or a smile from someone and it makes you feel a little better? Don't you think this is a wonderful reason to do something nice for someone?

"If the world seems cold to you, kindle fires to warm it."

— Lucy Larcom (1824-1893); poet

"If you find it in your heart to care for somebody else, you will have succeeded."

— Maya Angelou (b1928); poet

NEED HELP UNDERSTANDING 2011 MEDICARE PLANS?

The Medicare **Annual Open Enrollment period ends December 31**. During this time, you can change your Medicare health coverage as well as your Medicare Prescription Drug plans (Part D Plans).

Some Medicare Advantage plans, such as Harvard Pilgrim First Seniority, will no longer be offered in 2011. If you are in one of the plans that are leaving, you must **choose a new plan for 2011**. In most cases if you do nothing, on January 1, 2011, you will be back in Original Medicare with **no drug coverage**.

Some Medicare Prescription Drug plans, such as First Health Part D – Secure and AARP MedicareRx Saver, will no longer be offered in 2011. Some Part D companies will be enrolling you in similar plans, which they offer. You can still select a different Part D Plan from a different company, which may be better for you.

Even if your plan is not leaving, you need to check that your drugs will continue to be covered by your drug plan and how much they will cost you (co-payments) in 2011. Many plans have increased monthly premiums, but a number of plans have **significantly increased co-payments** also.

The good news is that **help is available**:

- Call your **local Senior Center** and ask for a SHINE appointment. Specially trained and certified SHINE volunteers offer free, confidential counseling to seniors and anyone on Medicare.

- You can reach a **SHINE counselor by telephone**. Call 1-800-AGE-INFO (1-800-243-4636), and then press or say “3”. Once you get the SHINE answering machine, leave your name and phone number. A SHINE volunteer will call you back, as soon as possible. Please be patient. Due to the large volume of calls, you may not hear back for a couple of days.
- You can call Medicare at 1-800-MEDICARE (1-800-633-4227) or MassMedLine at (866) 633-1617. You can also consult www.medicare.gov.

CHRISTMAS FESTIVAL OF LIGHTS

Our Lady of LaSalette
Attleboro

Friday, December 10th • \$10.00

Bus leaves Senior Center at 1:30 p.m.

On your Own,
(if you choose):

3 pm - Pat's Concert

4 pm - Mass

5 pm - Lights

\$3 Trolley

Cafeteria

Leaves at 7:00 p.m. – Arrive home at
8:30 p.m.

*We suggest you pack a snack
(Schedule RIDE pick up times for 8:40 p.m.)*

PLEASE ACKNOWLEDGE OUR SPONSORS

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 our 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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It makes sense to concentrate your advertising where it does most good - right in your neighborhood!

You pay only the advertising cost. Public relations and good will values are free. This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.

Convenient Budget Payment Terms. Call Today 800-732-8070

WELLNESS WATCH ❖ DECEMBER 2010

Living with the Flu and Other Respiratory Viruses

Background: Flu and viruses that cause colds pass from person to person primarily through coughing or sneezing. An individual can also become infected through touching something with viruses on it and then touching his/her mouth or nose. An infected person can pass the virus on before he/she feels ill or during the illness.



Prevention:

- To protect yourself and those close to you, get the flu shot. It is not too late.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw it away.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Wash your hands often with soap and warm water for 20 seconds, especially after you cough or sneeze. Or clean with an alcohol-based hand cleaner.
- Try not to touch your eyes, nose or mouth unless your hands are clean.
- Avoid close contact with people who are sick.
- If you get the flu or a bad cold, stay home.

Home Treatment if you get the flu or a cold: Get plenty of rest, drink a lot of liquids, and avoid using alcohol and tobacco. Talk with your doctor about using medicines to relieve the fever, cough, muscle aches and other symptoms. Talk with your health care provider if you have concerns about the seriousness of your condition.

For updates, free materials and other information check the following resources: The Massachusetts Department of Public Health, www.mass.gov/dph/flu, provides the latest information on flu and flu vaccines. Materials are available in several languages and links are also provided.

FLU What YOU Can Do: Caring for People at Home is a free booklet that can be downloaded from the above site. It is available in a number of languages. In addition to giving tips on caring for the individual who is ill, the booklet also gives information on preventing the spread of the flu virus. It is also available by calling 978-640-9673, Massachusetts Department of Public Health or City of Lynn Health Division, 781-598-4000

For more information contact Susan H. Brown RN,
GLSS Community Education Nurse 781-599-0110 ext. 568

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BOSTON
UNIVERSITY

Have you had a hip fracture? Help improve future hip fracture care.

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

All activities will take place in your home at no cost.

There will be financial compensation for your time.



For more information, please contact
Kira at 617-638-1981 or kwilke@bu.edu

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At Twin Oaks Care and Rehabilitation Center, we provide quality healthcare services for our patients. Whether you need short-term rehabilitation or long-term care, we're here to serve your needs. We focus on the person, addressing your physical health as well as your social and spiritual needs.



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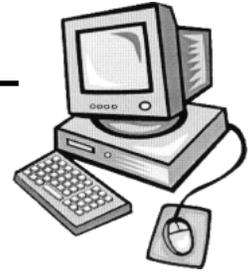
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C O M P U T E R

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...

**JANUARY: 3, 10, 24, 31, FEB 7
with snow dates of FEB 14 & 28**

Next Dates: March 7, 14, 21, 28, April 4

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

December

2010



6
Lasagna/ Meat Sauce
Italian Green Beans
Mandarin Oranges
ALTERNATIVE
Fiesta Fish/ Dill Sauce
Whipped Potato/Beans

13
Hot Dog/ Roll
Veggie Baked Beans
Cole Slaw
Chilled Apple Sauce
ALTERNATIVE
Beef Rib-B-Q/Gravy
Beans/Cole Slaw

20
Cranberry Boneless Chicken
Lemon Rice
Jardinière Veggie
Chilled Pineapple
ALTERNATIVE
Spanish Beef
Yellow Rice/Veggie

27
Cream of Squash Soup
Tarragon Tyson Chicken
Garlic Whipped Potato
Chilled Peas
ALTERNATIVE
Salisbury Steak/Gravy
Potato

Requested Donation is
\$2.00 per meal

Community Café Coordinator
Kathleen Stapleton
(781-586-8685)

7
Italian Wedding Soup
Boneless Chicken Supreme
Cheddar Whipped Potato
Cookie
ALTERNATIVE
Liver & Onions
Whipped Potato

14
Pasticchio
Zucchini/Red Pepper
Fresh Orange
ALTERNATIVE
Spanish Chicken
Rice & Beans
Zucchini /Red Pepper

21
Chicken Noodle Soup
Salsa Cheese Crumbed Fish
Lyonnaise Potato
Corn Bread
Fresh Fruit
ALTERNATIVE
Salisbury Steak/Gravy

28
Meatball Sub
Italian Green Beans
Scalloped Potato
Cake
ALTERNATIVE
Pesto Chicken
Scalloped Potato/ Beans

1
Chicken Pie
Whipped Potato
Biscuit
Apple Crisp
ALTERNATIVE
Beef Strip Steak
Carrots

8
Stuffed Peppers
Steamed Potatoes
Carrots
Pudding
ALTERNATIVE
Lemon Pepper Chicken
Potato/ Carrots

15
Minestrone Soup
Honey Mustard Tyson Chicken
O'Brien Potato
Chilled Apricots
ALTERNATIVE
Mushroom Quiche
O'Brien Potato

22
HOLIDAY SPECIAL
Stuffed Chicken/Gravy
Baked Potato/Sour Cream
Veggie Medley
WW Roll
Raspberry Chocolate Mousse

29
Beef Stew
Diced Potato
Stew Veggies
Pudding
ALTERNATIVE
Pier 17 Fish/Lemon sauce
Carrots/Potato

2
Cream of Broccoli Soup
Meatloaf/ Gravy
Brown Rice Pilaf
Broccoli
Chilled Peaches
ALTERNATIVE
Sweet & Sour Chicken Tenders

9
Potato Crunch Fish
w/Mushroom Pepper Sauce
Garlic Whipped Potato
Corn/ Pepper
Fresh Fruit
ALTERNATIVE
Hamburger/Roll

16
Mustard Dill Roast Pork
Oven Roasted Potato
Peas & Onions
Jell-o
ALTERNATIVE
Chicken Bruschetta
Oven Roasted Potato/Peas

23
Swedish Meatballs/Gravy
Whipped Potato
Beets
Christmas Cookie
ALTERNATIVE
Ham & Cheese
Whipped Potato/Beets

30
Stuffed Shells
Spinach
Garlic Roll
Chilled Peaches
ALTERNATIVE
Hot Chicken Patty/Roll
Lettuce & Tomato

3
Pepper Steak Roll
Home Fries
Green & Golden Beans
Fresh Fruit
ALTERNATIVE
Omelet/Cheese sauce
Home Fries/ Beans

10
Roast Turkey w/Gravy
Sweet Potato
Peas & Onions
Muffin
Chilled Pineapple
ALTERNATIVE
Pork Patty w/Gravy

17
Eggplant Parmesan
Rotini/ Meat Sauce
Roman Blend Veggie
Brownie
ALTERNATIVE
Chicken Marsala
Roman Blend Veggies

24
HOLIDAY
NO MEAL SERVICE


31
HOLIDAY
NO MEAL SERVICE

**Elder Service Plan
of the North Shore, Inc.**



- Primary and Specialty Medical Care
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SENIOR CENTER ACTIVITIES DECEMBER 2010

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 PAINT CLASSES	9:30-11:15	TRIVIA PURSUIT TEAM PLAY
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 & CONVERSATION
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 PAINT 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	2:00-3:00	HORSE RACE GAME		
				1:30-3:30	JAPANESE BUNKA EMBROIDERY				
				'PENNY ANTE' POKER					

Chances are with just ONE AD,

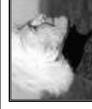
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This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.
Convenient Budget Payment Terms.
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MEN LIVING WITH CANCER ❖ WE NEED YOUR HELP.

Are you a man of 55 years or older? Are you living with cancer of any type and willing to participate in a one time discussion group?

We want to learn from you. You can help us by joining with other men in a one time discussion about the experience of living with cancer. Your ideas will help us design programs for men like you.

We are looking for men who did not participate in earlier Living with Cancer sessions.

The discussion is designed for men who have completed treatment other than maintenance medicine or follow up appointments.

We are offering a stipend of \$30.00, a delicious meal and a raffle.

Monday December 13, 2010 • 9:30am-11am
Greater Lynn Senior Services
8 Silsbee Street, Lynn

**For information please call: Susan H. Brown
781-586-8568 sbrown@glss.net
Space is limited.**

Supported by the Lynn Cancer Association

**THE 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.

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JACK FROST VARIETY SHOW

brought to you by the
**FRIENDS OF THE LYNN COUNCIL ON
AGING**

Wipe away the winter blues and join us at the senior center for a free variety show! Come celebrate the first day of winter... DECEMBER 21st 12 noon to 1 pm No RSVP required. Just bring your smile.

FREE CLASS! NSCC Occupational Therapy students will be here on Dec 1st at 9:30 a.m. in the game room to teach you "brain gym" and some simple morning stretches to exercise yourself. Free to all. Come learn easy exercises to keep yourself moving and motivated!

The tv portrays...oh the fun of the holidays! Hershey kisses jingle their little concert. Turkey is on sale at the grocery store. The radio repeats and repeats the holiday tunes. You may not be able to do everything you used to be able to do. You may be missing someone. You catch yourself saying the holidays just aren't what they used to be! Promise me you'll make the best of it. I send you all a wish for a peaceful holiday. Merry Christmas. Happy Hanukah. Happy Kwanza. Prosperous New Year.

~ Stacey

Thank you to all the members of the FRIENDS for running a successful fundraiser with the Turkey Shoot! The Lynn Senior Center appreciates your volunteered time and efforts in supporting our programs!

Thank you Hyman Brenner for your generous donation.

==== Congratulations! =====

The President's Council on Fitness, Sports, and Nutrition awarded our exercise participants with fitness awards. The President's awards went to Rita Moynihan, Judy Ukleja, John Rizzo, Nancy Moody, Barbara Doyle, Patricia Dineen, Mary Ishkanian, Grace Ishkanian and Barbara Duford. All of these people are role models that at any age, at any point in ones life, fitness and healthy living is something that takes time and effort, yet the rewards are great. We applaud you.



Chestnut Gardens

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To All SAFELINK PHONE USERS:

VERIFY! VERIFY! VERIFY! What does that mean? The safelink program monitors the validity of cell phone accounts assigned to seniors. This means that once you have had your trac phone for 6 months, you must verify that it is really you that is using the phone.

How do you do that? The easiest way is to call or stop by the senior center. We go online and plug in your birth date, last four of ss# and MA. If all the information matches, you keep your phone past the one year mark. OR in the mail you receive a yellow post card that Safelink wants you to return. Mail this back asap.

How do I know if I need to verify? Once your phone displays less than 183 service days left...verify. It doesn't hurt to double check. The computer will tell us if it is necessary or not.

What do I do if my phone has minutes but no service days and I can't call out? This means you didn't verify and you need to. If some time has passed your account may be deactivated and we need to re-enroll you. keep your phone on the first three days of the month to receive

Remember... free minutes. Also, make a minimum of one phone call per day to keep your phone service on. Inactivity deactivates your service.

PLEASE DONATE TO THE SENIOR CENTER...

BINGO CHIPS. We are looking for magnetic bingo chips to use in the senior center. Most bingo halls now use paper sheets with dabbers. If you want to get rid of your magnetic bingo chips, send them our way.



POKER CHIPS. We need poker chips. It doesn't matter if they aren't a full set. We can use them!

GET WELL, THINKING YOU, HAPPY BIRTHDAY- CARDS. We need them. The senior center mails approximately 12 cards per week to send wishes to our seniors who can't join us in the center.

Movies... every Wednesday!



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



Dec 1.....	Letters to Juliet	PG-13 2010
Dec 8.....	NO MOVIE DUE TO HOLIDAY PARTY	
Dec 15.....	St. Ralph	PG-13 2004
Dec 22.....	It's A Wonderful Life	NR 1946
Dec 29.....	An Affair to Remember	NR 1957

Is there a flick you want to see? Call us or email us?
Movies are subject to availability.



SHOPPING LIST



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



WORD LIST

- | | |
|--------------------|---------------------|
| BACON | MEAT |
| BAKED BEANS | MILK |
| BREAD | MUSHROOMS |
| CEREALS | ONIONS |
| COFFEE | ORANGE JUICE |
| COOKING OIL | PORK CHOPS |
| DESSERTS | POTATOES |
| EGGS | SALAD |
| FRESH FRUIT | SOUP |
| GRAPEFRUIT | SPAGHETTI |
| ICE CREAM | TOMATOES |



**LYNN
COUNCIL ON
AGING**

John W. Baker

*

Edmund Brown

*

Daniel P. Hanlon

*

George Meimeteas

*

Charles Mitchell

*

Frances Taggart

LYNN COUNCIL ON AGING SENIOR CENTER

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CAPTURE THE PRIDE

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HEALTH FOCUS PROGRAM



LYNN SENIOR CENTER

DECEMBER 2010

**BLOOD SUGAR TESTING
FOR DIABETICS**

December 14th

8:30 am - 10:00 am

*(Nurse available during these clinics
for any health questions.)*

BLOOD PRESSURE

December 28th

8:30 am - 10:00 am

*(Nurse available during these clinics
for any health questions.)*

MASSAGE THERAPY

December 3rd and 17th

1:00 pm - 3:00 pm

Call for appointment

PODIATRIST

December 30th -10:00 am

Call for appointment.

Bring insurance card

HAIR SALON

Wednesdays

9:00 am - 1:00 pm

Walk-ins or appointments