

LYNN COUNCIL ON AGING SENIOR CENTER



**November
2016**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Savings?!!

Are you tired of being told you're getting a savings and then it's not!? How about the big savings then you realize the price was jacked? More and more, I've become an educated worrier; staying positive but reserved.

Definitely a strong believer of: "if it's too good to be true", leave it alone! So this whole soap box started with a trip to a store. I won't mention the name, of course, as I don't need any phone calls. Additionally most of you know, I am not a shopper! I ventured out in search of a sale item with a store sponsored 20 % off coupon. I was delighted to find the item! Then instantly deflated to find out that I need to purchase a magnifying glass. In the tiny, tiny print of about less than 1 font, it read, "does not apply to sale items". Deep sigh... My next item rang in at full price because while we were disputing the use of the coupon, the time on the clock advanced to 1:05pm. Door buster deals end at 1pm! Fruitless adventure but lots of pondering about savings. Linking to the next subject: Daylight Saving Time. Saving is used here as a verbal adjective (a participle). It modifies time and tells us more about its nature; namely that it is characterized by the activity of saving daylight. It is a saving daylight kind of time. Because of this, it would be more accurate to refer to DST as daylight-saving time. Similar examples would be a mind-expanding book or a man-eating tiger. Saving is used in the same way as saving a ball game, rather than as a savings account. The official spelling is Daylight Saving Time, not Daylight SavingS Time. Nevertheless, many people feel the word savings (with an 's') flows more mellifluously (do you like that word? J) off the tongue. Daylight Saving Time is also in common usage, and can be found in dictionaries. Most of the United States begins Daylight Saving Time at 2:00 a.m. on the second Sunday in March and reverts to standard time on the first Sunday in November. In the U.S., each time zone switches at a different time. During DST, clocks are turned forward an hour, effectively moving an hour of daylight from the morning to the evening. Adding to the confusion is that the phrase Daylight Saving Time is inaccurate, since no daylight is actually saved. Daylight Shifting Time would be better, and Daylight Time Shifting more accurate, but neither is politically desirable. Friendly reminder shift your clock back one hour the morning of November 6th.

~Stacey Minchello

From Your Mayor

What a beautiful time of year it is to be in New England. Every year, it seems like Mother Nature is spoiling us with the both the weather and the foliage, before that first burst of winter appears.

There are quite a few shows taking place at the Lynn Auditorium this month. We welcome the Steve Miller Band; Herman's Hermits, starring Peter Noone and Jay & the Americans; the Righteous Brothers; Smokey Robinson; and Don White and friends. I cannot wait to hear some of the 1960s and '70s classics like "Unchained Melody," "You've Lost That Lovin' Feelin'," "Tracks of My Tears" and "You've Really Got a Hold on Me" performed right here in downtown Lynn. For more information, please call the Box Office at 781-581-2971.

Tuesday, Nov. 8 is Election Day and I hope you all exercise your right to vote, particularly as we determine our country's 45th president. Whichever candidates you support at the local and national levels, let us all come together to support our leaders in after this election.

This month, we observe Veterans' Day and honor the dignity these men and women have earned through their service to our nation. As always, we will have a ceremony in the Auditorium of City Hall with musical performances by the Lynn Public Schools Band and a drill presentation by the Lynn English JROTC.

Also this month, we celebrate Thanksgiving. I hope each of you enjoys some time with family members in appreciation of all the wonderful blessings in your lives.

Best wishes,
Mayor Judith Flanagan Kennedy



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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of Elder Affairs & City of Lynn

Meet the Staff:

Stacey Minchello
 Director 781-599-0110 ext. 503
 Rosa Paulino-Diaz
 Activities Assistant ext. 625
 Pam Brito
 Program Coordinator ext. 618

Hours of Operation:

Monday thru Friday
 8 a.m. to 4 p.m.

LCOA Board of Directors

Albert DiVirgilio President
Arthur Akers Clerk
Edmund Brown Vice President
Frank LaMacchia
Lester McCLain
Charles Mitchell
Frances Taggart
Pearl Brown
Marlene Vasi Eddy
Minette Lall

Meets 4th
 Wednesday
 monthly at
 11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble President
Louis DeSouza Sr. Vice President
Deb Small Treasurer
George Harvey Recording Secretary
Roberta Abrams Membership Secretary

Next FRIENDS
 Meeting,
 Nov. 17th @ 10am

Announcements

Bane Care
Veterans Day
Omelet Breakfast

Thursday, November 10th
 8am – 9 am
 Lynn Senior Center
 Come see dueling chefs from local
 Bane Care Facilities!
 Abbott House vs. Devereux House
 vs Rosewood Rehabilitation
 \$3 seniors

Raffle Winners!

The FRIENDS of the Lynn Council on Aging thank everyone who supported their raffle celebrating national senior center.

The lucky winners are:

Mini ipad	Suzie Caloggero
\$100	Carol Mills
\$50	Ambiorix Montana

NOVEMBER HAPPENINGS

November



Tues, Nov 1 st	Holiday card photo shoot	Holiday festive dress	9:30 am
Tues, Nov 1 st	Birthday Party Karaoke!	Show tunes Sing a Long	11:30 am – 1:00 pm
Weds, Nov 2 nd	Walgreen's Flu Clinic		1 pm – 3pm
Thurs, Nov 3 rd	Veterans Coffee Hour with Tom Moran	Resource Library	1:00 pm – 2:00 pm
Mon, Nov 7 th	Whoopie Pie Contest		1:45 pm
Tues, Nov 8 th	Hearing Clinic – walk ins		10 am -11 am
Thurs, Nov 10 th	BANE CARE Veterans Day	OMELET BREAKFAST \$3	8 am – 9 am
Thurs, Nov 10 th	Podiatry Appointments		10 am – 12 pm
Thurs, Nov 10 th	Ice Cream Social!	Friends of LCOA \$.50	1pm
Fri, Nov 11 th	Veterans Day		Center is closed
Tues, Nov 15 th	<u>Free Workshop:</u> “How to Get Yourself through the Holidays”		9:30 am
	Brought to you by IDEAL Health Care Systems		
Tues, Nov 15 th	FOXWOODS CASINO \$28	pre-paid reservation required	
	Must have 40 reservations by Nov 4 th – Sign up early		6:30 am – 6:30 am
Weds, Nov 16 th	Mass Senior Action Meeting	Wall Plaza	10 am
Thurs, Nov 17 th	Friends of the Lynn Council on Aging meeting		10 am
Thurs, Nov 17 th	“PULL a POP” FRIENDS Fundraiser	\$1 per chance	12 noon
	Win \$\$\$Gift Cards\$\$\$		
Fri, Nov 18 th	BROWN BAG Program sponsored by the BOSTON FOOD BANK		10 am – 12pm
Mon, Nov 21 st	Holiday Party Tickets Sales on Sale	\$5	8:30 am
Mon, Nov 21 st	BINGO BONANZA \$11 per person	12 games 9 cards- paper sheets only	
	One package per person	Big Prizes!	
	1pm start	11:30 am card sales until 12:50pm	
Tues, Nov 22 nd	<u>Free Speaker Workshop:</u> “Estate Planning 101” – Power of Attorney, Health Care Proxy and Living Wills/Trust		
	Brought to you by local Attorney Nathaniel Spinney		
Thurs, Nov 24 th	Happy Thanksgiving		Center is closed
Tues, Nov 29 th - 30 th	Help decorate the Senior Center for the holidays		10 am – 2 pm

Rod Deland, Proprietor
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NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 7 Soup/crackers(245) Turkey divan/rotini(98) Calories-665 Sodium-717 ALTERNATIVE Soup/crackers Seasoned ground beef(288) Calories-800 Sodium-999	1 Soup/crackers(160) Stuffed shells/ sauce(584)* Calories-610 Sodium-996 ALTERNATIVE Soup,cilantro lime chicken (116) Calories-676 Sodium-715	2 Beef stew/potato(117) Spinach(149) Calories-632 Sodium-579 ALTERNATIVE Baked white fish(221) Calories-600 Sodium-863	3 Dijon pork/gravy(270) Sweet potato(104) Calories-776 Sodium-881 ALTERNATIVE Carne guisada(beef)-(100) Calories-764 Sodium-900	4 White fish/dill sauce(247) Baked tomato(169) Calories-771 Sodium-973 ALTERNATIVE Garlic chicken(250) Calories-652 Sodium-650
8 Soup/crackers(121) Herbed chicken(325) Calories-691 Sodium-900 ALTERNATIVE Soup/crackers Fish/coconut cream sauce- 120 Calories-672 Sodium-671	8 Soup/crackers(160) Chicken/orange glaze(146) Calories-698 Sodium-830 ALTERNATIVE Soup,pork/BBQ sauce(445) Calories-771 Sodium-1048	9 Pork/apples & onions(161) Sweet potato(70) Calories-652 Sodium-770 ALTERNATIVE Oven fried chicken(600)* Yucca(17) Calories-800 Sodium-1156	10 Beef chili /cheddar(539)* Baked potato(4) Calories-555 Sodium-924 ALTERNATIVE Egg and cheese croissant (410) Baked potato(4) Peas(68) Calories-650 Sodium-863	11 HOLIDAY NO MEAL SERVICE
14 Baked ziti/beer/cheese(231) Broccoli(9) Calories-684 Sodium-579 ALTERNATIVE Veggie burger/roll((490) Calories-600 Sodium-942	15 Soup/crackers(160) Chicken/orange glaze(146) Calories-698 Sodium-830 ALTERNATIVE Soup,pork/BBQ sauce(445) Calories-771 Sodium-1048	16 Soup/crackers(370) Meatloaf/gravy(370) Calories-707 Sodium-900 ALTERNATIVE Soup,fried fish(225) Calories-675 Sodium-720	17 <u>THANKSGIVING SPECIAL-</u> Turkey/gravy/stuffing Mashed potato Winter squash Dinner roll Apple pie Calors.-990 Sodium-1400**	18 Pollock/tartar sauce(457) Red bliss potatoes(5) Calories-600 Sodium-608 ALTERNATIVE Cheese pizza(340) Calories-690 Sodium-620
21 Teriyaki chicken meatballs- 444 Jasmine rice(4) Asian veg (21) Calories-753 Sodium-723 ALTERNATIVE Beef/chimichuri sauce(253) Calories-800 Sodium-701	22 Soup/crackers(240) Roast beef/gravy(110) Calories-731 Sodium-814 ALTERNATIVE Vegetarian Shepherd's pie (135) Calories-684 Sodium-417	23 Soup/crackers(70) Hot dog/roll/mustard(890)* Calories-692 Sodium-1253** ALTERNATIVE Black bean burger/roll(570)* Calories-610 Sodium-823	24 HOLIDAY NO MEAL SERVICE	25 Stuffed pepper(370) Au gratin potato(142) Calories-720 Sodium-664 ALTERNATIVE Chicken "pastry"(320) Calories-700 Sodium-902
28 Soup/crackers(94) American chop suey(361) Calories-855 Sodium-723 ALTERNATIVE Soup, chicken/spinach(287) Calories-806 Sodium-649	29 Fish/sauce(300) Red mashed potatoes(101) Calories-653 Sodium(637) ALTERNATIVE Ground beef/tomato,onion (400) Calories-670 Sodium-818	30 Chicken pot pie(182) Butternut squash(20) Calories-766 Sodium-662 ALTERNATIVE Breaded pork chop(172) Calories-786 Sodium-791	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500mg.per serving). MEALS MARKED ** ARE HIGH SODIUM(more than 1200MG per meal).	NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE LISTED FOR THE ENTIRE MEAL,INCLUDING MILK,BREAD,MARGARINE AND DESSERT.

SENIOR CENTER ACTIVITIES • NOVEMBER 2016

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
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-10:30 COLORING
12:00-1:00 MEN SPORTS CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 FREE DANCE LESSONS
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 IN2L VIDEO EXERCISE	12:30-2:30 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00 – 3:00 MOVIE	1:00 FREEZUMBA CLASS	
	12:30-2:30 CRIBBAGE	1:00-3:00 'PENNY ANTE' POKER		
	12:00-2:45 POKENO	2:00-3:00 HORSE RACE GAME		
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			

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CASINO TRIPS

Departs from Lynn Senior Center

Foxwoods Casino \$28
 6:30 a.m. – 6:30 p.m.

Tues, Nov 15th

\$10 Free Slot Play

\$10 Food coupon or free meal at the buffet

**PLEASE NOTE EARLIER
 DEPARTURE TIME IS AN
 ATTEMPT TO BEAT BOSTON TRAFFIC**

Plainridge Casino \$20
 8:30 am - 5:30 pm

Weds, March 22, 2017

\$15 Free slot play and if you're a new
 rewards member, you receive a U-Spin for a
 chance to win \$5 - \$500.

* Limited seating
 * Pre-paid reservation
 required
 * Must have 40 reservations by July 9th.

Leave Lynn Senior Center promptly at 8:30
 am and leave casino promptly at 3:45 pm.



MOVIES...every Wednesday @ 1:00 p.m.

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

Nov 2 nd	My Big Fat Greek Wedding 2	2016	PG-13	94 mins
Nov 9 th	Me Before You	2016	PG-13	110 mins
Nov 16 th	Sound of Music *** 12 noon start ***	1965	G	174 mins
Nov 23 rd	Parent Trap	1961	G	90 mins
Nov 30 th	My Sister's Keeper	2009	Pg-13	109 mins



Don't be shy! Let us know if there's a movie you would like to see!
 Even if it's in the theatre now, we can queue it for months later.



The Kiosk for Living Well

We look forward to seeing you this month at the Kiosk! We have some new fun and challenging programs on the in2l touchscreen system which Sandra and Mayra would love to show you. Especially if you haven't stopped by in a while!

Our bi-lingual Healthy Hearts nurses will be in the house on **Tuesday November 8th** and **Thursday November 24th** between 10:00 and Noon. You don't need to make an appointment.

Sylvia our MoveSafe Counselor and Fall Prevention specialist is ready and willing to do a variety of quick assessment tests to gauge your balance and ease of mobility. She can recommend some valuable strengthening exercises that are especially helpful with the winter weather conditions upon us. Sylvia will be at the Kiosk on **Thursday November 3rd** from 10:00-12:00.

The Kiosk is open every Tuesday and Thursday from 10:00 – Noon. **Kiosk Exercise classes** with Cheryl and Mayra take place in the activities room every Tuesday and Wednesday from 12:30 to 1:30. We hope to see you soon!

Get Ready for the Red Carpet Event! November 9th

The Kiosk for Living Well is holding a special screening of "shorts" which include several of you who come to the Center and take part in Kiosk activities. If you've been videotaped or have friends who were taped, or even if you want to see how great the Center looks up on the big screen, come!

The showing will take place on Wednesday, November 9th at 9:30am. Spread the word! (No worries about what to wear -- there will be no paparazzi...)

Prepárese para la Alfombra Roja! 9 de noviembre

El Quiosco para Vivir Bien está planeando una proyección especial de " videos cortos" que incluyen varios de ustedes que vienen al Centro y toman parte en actividades del Quiosco. Si usted ha sido filmado o tiene amigos que fueron filmados, o incluso si usted quiere ver cuán estupendo el Centro se mira en la pantalla grande, venga!

La proyección se llevará a cabo el miércoles 9 de noviembre a las 9:30am. (No se preocupe en qué ponerse - no habrá paparazzi...)

It is almost here...Medicare's Annual Open Enrollment

It's that time of the year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **read** and **save** this information because it explains the changes in your plan for 2017.

During Medicare's Annual Open Enrollment (October 15 – December7), you will have a chance to change your plan for next year. If you never had a drug plan, this is your opportunity to join one. SHINE (Serving the Health Insurance Needs of Everyone...on Medicare) Counselors can help you understand your plan changes, as well as explain other options you may have. **Appointments are limited so make your appointment soon.** Please bring your Medicare card and list of prescription medications with you to your appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor here, please contact 781-599-0110. You may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. Please leave a message and a counselor will return your call as soon as possible.



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Place Your Ad

Wellness Watch November 2016

Thanksgiving is right around the corner, which means lots of food and time with friends and family. Food is a very social experience, but as a nation we need to make better choices with what we eat. Healthy recipes can be easy and taste great! This month I wanted to share with you two new recipes to try this season.

Maple-Roasted Sweet Potatoes

Ingredients

2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)
 1/3 cup pure maple syrup
 2 tablespoons butter, melted
 1 tablespoon lemon juice
 1/2 teaspoon salt
 Freshly ground pepper, to taste

Preparation

Preheat oven to 400 °F.

1. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
2. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.



Lemon-Dill Green Beans

Ingredients

1 pound green beans, trimmed
 4 teaspoons chopped fresh dill
 1 tablespoon minced shallot
 1 tablespoon extra-virgin olive oil
 1 tablespoon lemon juice
 1 teaspoon whole-grain mustard
 1/4 teaspoon salt
 1/4 teaspoon freshly ground pepper

Preparation

1. Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and cook until tender-crisp, 5 to 7 minutes. Remove from the heat.
2. Meanwhile, whisk dill, shallot, oil, lemon juice, mustard, salt and pepper in a large bowl. Add the green beans and toss to coat.
3. Let stand about 10 minutes before serving to blend flavors.



Kelsey Magnuson- Wellness Program Coordinator

Senior Tax Abatement Work Off Program

Applicants for the Senior Citizen Property Tax Work- Off Abatement must be 60 years of age as of July 1st and a homeowner or spouse of a homeowner in the City of Lynn for a minimum of 5 years. Income eligibility is based on the state Circuit Breaker guidelines: below \$56,000 for single homeowner; \$84,000 for couple. Copy of income tax return and a picture ID is required with application. If no tax return filed, applicant must submit an IRS Form 4506-T for verification of non-filing. City employees (individuals on the municipal payroll, full or part time) and their immediate family are not eligible for this program. C.O.R.I check, Privacy Statement, and Confidentiality Agreement required. Applications are available online at www.ci.lynn.ma.us and at the senior center and must be filed at the Mayor's Office no later than January 31st of the fiscal year to participate in the pro-gram. Maximum annual abatement of property taxes shall not exceed \$600 for 66.66 hours. Program begins December 1 and ends November 30 or once the applicant earns gross wages of \$600. Abatement is applied to the first tax bill of the following year. Applicants must apply and be subject to the lottery process annually for participation in the program. **Questions? Call Pam at 781-586-8618.**

FALL

E V M A I Z E E R Y H F
 L E A F S P E A K A A H
 S B C H I L L Y Y E L A
 R I C S S T O R L M E R
 F E L I U D I T T E N V
 P R A I D D R N G F R E
 U Y C P E E C U E R O S
 M A O O M R R L O T C T
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ANNUAL PULL A POP!!

Thursday, NOVEMBER 17th

12 noon \$1 per chance

Pull a pop, if stem is colored- win a gift card!

~Sponsored by the FRIENDS of the Lynn Council on Aging

ALL Proceeds benefit the Lynn Senior Center!!

Donors and businesses will be listed in the December newsletter.

ANNUAL HOLIDAY PARTY



MARK YOUR CALENDARS!!!

ANNUAL HOLIDAY PARTY

Happy Hanukkah! Merry Christmas! Happy Kwanza!

WEDS, DECEMBER 14th, 2016

Tickets \$5

Entertainment by Denise Doucette

Catered by Affairs Catering

Purchase your ticket in person on Monday, November 21st

Starting at 8:30 am Registered participants only, limited seating.

First come- First Serve.

This event is generously sponsored by
the FRIENDS of Lynn Council on Aging



RMV Near Me

The Registry of Motor Vehicles is partnering with area Councils on Aging to provide five of the most common transactions at COA sites to hopefully decrease wait times for elders at the registry. The Lynn COA will be one of those sites. Transactions are license renewals (for licensed drivers under 75), registration renewals, change of address, duplicate license or registration, and how to report a lost or stolen disability placard and how to request a replacement. If you need assistance with one of these transactions, please stop by the GLSS Kiosk for Living Well on Tuesdays and Thursdays between 10 am and 12 pm. at the Lynn Senior Center. You must have a valid credit card or checking account to process any online transaction; no cash will be accepted. The RMV is a secured online site. The LCOA requires participants to sign a waiver release to perform this transaction since we are handling your personal info in your presence. Please be advise that staff/volunteers may decline to process your transaction with the Registry.

For -additional information, call Sandra at the center- 781-586-8518.

Services available in Spanish.

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~ Dr. Harvey Berger

Thank you for your donation
~ Sophie Karoumpalis



DEDUCTIBLE DONATION

GE matches all donations made from GE workers and retirees.

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



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WEDNESDAYS

9:00 AM—1:00 PM

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WASH, CUT & BLOWDRY	\$18
WASH, CUT & SET	\$18
COLOR	\$25
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS

9:30 AM—10:30 AM

KIOSK FOR LIVING WELL

EVERY TUESDAY & THURSDAY

10:00 AM—12:00 PM

MILLION HEARTS NURSE

2ND TUESDAY & 4TH THURSDAY

*(NOVEMBER 8TH & 24TH)

10:00 AM—12:00 PM

Capture the Pride!



WELLNESS OFFERINGS

VETERANS COFFEE HOUR

November 3rd

1:00 pm - 2:00 pm



PODIATRIST



November 17th

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD SUGAR & BLOOD PRESSURE

Wednesdays



8:00 am - 9:00 am

note time change

*Every Wednesday, 8am - 9am

HEARING CLINIC



November 8th & January 10th

10:00 am - 11:00 am

Please note that the hearing clinic is now every other month.

MASSAGE THERAPY

1:00 pm - 3:00 pm

Call for appointment.



LYNN COUNCIL ON AGING SENIOR CENTER

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

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