

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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NOVEMBER 2025

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November Spotlight

Daylight Savings Time Presents

Learn about the circadian rhythm and ways to re-set
Light stretching and tea with Terri McDonough
Tuesday, November 4th @ 10:30 AM

Game of Chess and its unique history

New club offered at Lynn Senior Center
Learn about the history of chess
Thursday, November 13th 10:30AM

Matching Day

Who can match the best
Seniors dress alike, best team of two wins
Friday, November 14th @ 12:30 PM

Lynn Senior Chat with Calvin

John Marzec, Director of Building and Grounds
Tuesday, November 18th @ 10:30 AM

Senior Update Day and MBTA Charlie cards

Update residence, emergency contact and phone #'s
Seniors 65+ can apply/renew MBTA Charlie card
Tuesday, November 25th @ 10:30 AM



November Features

Zumba

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

Older Adults in Coastal Communities

To explore older adults' lived experiences, perceptions
of climate risks, barriers to resilience, and preferences
for adaptation and community support strategies
Presented by: UMASS Boston
Thursday, November 6th @ 10:30 AM

Department of Public Health

Housing crisis and the effect on seniors
Presenter: Jesse David, Northeastern Intern Program
Friday, November 14th @ 10:30 AM

Community Care Van Clinic

Blood pressure screening, care and education
Diabetes screening, care and education
Tuesday, November 18th @ 9 AM

Greater Lynn Senior Services (GLSS)

Assisting seniors with DTA, veterans benefits &
housing
Robin DeStefano- GLSS Case manager
Tuesday, November 18th 11 AM-1 PM

Event

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

Thanksgiving Event: Friday, November 21st 10:30 AM-1:30 PM \$5.00

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



November Observances and Closings

Friday, November 7th Administrative Day. **Open to seniors from 8:30 AM to 12:30 PM**
Tuesday, November 11th Veterans Day- **Senior Center Closed**
Thursday, November 27th Thanksgiving Day- **Senior Center Closed**
Friday, November 28th -**Senior Center Closed**

STAFF DIRECTORY

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Mayor's Message

November marks a truly special time of year, filled with bright feelings of warmth, family, friendship, and gratitude.

This is the season dedicated to gathering and celebrating the connections in our lives. As we look forward to the holiday season, we encourage all to participate and enjoy the upcoming festivities the City and Senior Center will host.

On behalf of the City, we extend our sincere gratitude to our seniors for making our community whole. We are also incredibly grateful to the entire Senior Center team for their tireless dedication to fostering a significant sense of belonging and care

Sincerely,

Mayor Jared C. Nicholson

*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

Lynn Calm
Team

(781) 905-2256

Director's Message

As we enter the cooler days of November, we are embraced by the spirit of gratitude. It warms my heart when seniors share how thankful they are for the Lynn Senior Center. Gratitude shows up in many ways whether it's volunteering to wipe down bingo cards, helping with decorations, signing with The Song Birds or sending cards to senior we haven't seen in a while. As well as, our volunteers that help serve breakfast and lunch. To all of you who help make Lynn Senior center a safe caring place "I am grateful for you all".

I'm deeply appreciative of our seniors and my dedicated staff, who have worked hard to secure several grants that will help us continue supporting our seniors.

These grants will allow us to offer programming that nurtures the mind, body, and soul, celebrate cultural traditions, and provide rides to the food pantry. Please see **page 8**. for more details.

If you're a Lynn senior who hasn't yet visited the Senior Center, I invite you to come and join our caring community.

I hope this is an enjoyable month for you!

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



Name: _____

Date: _____

Photography Fun

E G C O S N F R A M I N G
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Word List:

EXPOSURE
FOCUS
PORTRAIT
FRAMING
CONTRAST

APERTURE
FILTER
TRIPOD
LIGHTING
MACRO

SHUTTER
ZOOM
CAMERA
SNAPSHOT
PANORAMIC

LENS
FLASH
PIXEL
ANGLE
SCENE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 November Two Compartment 12oz Pasta Fagioli: 8oz of White beans & Navy Beans, 4oz carrots, celery, tomatoes, spinach, ditalini Pasta ½ cup Capri Blend 1 pc Oat Bread 1pc Brownie cookie 1pc parmesan	4 Fish Sandwich 4oz Potato Crunch Fish ½ cup Mashed Sweet Potato ½ cup Cheesy Cauliflower 1pc WW Burger Bun 1pc Tarter Sauce ½ cup canned fruit No Margarine	5 Two Compartment Beef & Broccoli 3oz Sliced beef ½ cup Broccoli ½ cup soy, sesame & Garlic Sauce ½ cup Brown Rice 1pc MG Bread	6 Pork Diablo 3oz Pork Roast 2oz Creamy Mustard Sauce ½ cup Mashed Potatoes ½ cup Brussels Sprouts Congregate: Garden Salad to replace Brussels ½ cup Chocolate Pudding 1pc Vienna Bread	7 1pc Breaded Chicken 2oz Marry Me Sauce ½ cup Couscous ½ cup Green beans 1pc Dinner Roll 1pc Fresh Fruit (Orange)
10 Two Compartment Chicken pot pie 3oz Diced Chicken ½ puff Pastry (congregate only) ½ cup peas and carrots 3oz sauce ½ cup Mashed potato 1pc Biscuit (HDM) 1pc Dinner Roll (Congregate)	Senior Center Closed Veteran's Day	12 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 No Margarine	13 Birthday Two Compartment 8oz American Chop Suey 3oz ground beef ½ cup pasta 4oz Tomato sauce ½ cup Garlic Spinach 1pc WW Garlic Roll	14 Cold: ½ cup Tuna Salad ½ cup Garden Salad ½ cup Corn & Black Bean Salad 2 pc Oat Bread 1pc Salad Dressing
17 Two Compartment 3 oz Grilled Chicken 2oz Lemon Pepper Sauce 1 cup Tuscan White Bean Pasta* (tomatoes, spinach, garlic) ½ cup canned Fruit 1pc MG Bread	18 1pc Bateman meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Mixed Vegetables Congregate: Vegetable Soup to replace mixed vegetables 1pc Cornbread	19 Swedish Meatballs 3pc chicken meatballs 2 oz Swedish sauce ½ cup White Rice ½ cup Green Beans 1 pc WW Bread ½ cup Pineapple	20 Special: 3oz Roasted Turkey on top of ¼ cup stuffing with 2oz Gravy 4oz Whipped Potatoes 4oz Mashed Butternut Squash Congregate: Cranberry Sauce 1pc Assorted Pie	21 Two Compartment 2pc Stuffed Shells 4 oz Marinara Sauce ½ cup Capri Blend 1 pc Oat Bread ½ cup Mandarins
24 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) 1pc Ketchup	25 3oz Stuffed Chicken (Broccoli and Cheese) 2 oz Supreme sauce ½ cup Rice Pilaf ½ cup Beets 1 slice MG Bread	26 Two Compartment 3oz Ravioli 4 oz Ground Beef Bolognese ½ c Broccoli Congregate: Caesar Salad to replace broccoli 1 pc WW Garlic Roll 1pc Cookie 1pc parmesan	27 Thanksgiving Day Senior Center Closed	28 Senior Center Closed



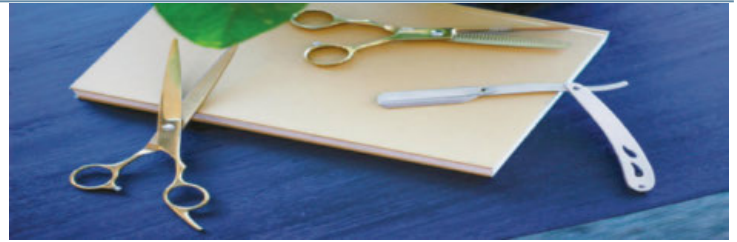
The Senior Center welcomes the Fall season with Hispanic Heritage Month celebration, Halloween pumpkin crafts , chess club, baking with friends and so much more!

Monday	Tuesday	Wednesday	Thursday	Friday
3. 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	4. 9 AM-Mass Health 10:30 AM- Daylight Savings Time Presentation 11:45 AM- Lunch 12:30 PM- Chair Yoga 12:30 PM- Chess Club	5. 9 AM Podiatrist 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	6. 10:30 AM-Older Adults in Coastal Communities Presentation 11:00 AM- Zumba 11:45 AM- Lunch 12:30 PM- Chorus Club 12:30 PM-Décor Club	7. Administrative Day Senior Center hours modified 8:30 AM-11:45 AM Community Outing: Location TBD 12:30 PM- 2:30 PM
10. 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	11. Veterans Day Senior Center Closed 	12. 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	13. 9 AM- Casino 9:30 AM- Lynn Tech Beauty Services 10:30 AM- Game of Chess & its unique history Presentation 10:30 AM-Mindful Meditation 11:00 AM- Zumba 11:45 AM- Lunch 12:30 PM- Coloring with jazz	14. 9 AM- Mass Health 10:30 AM- Public Health Presentation 11:45 AM- Lunch 12:30 PM-Contest 12:30 PM- Art w/Sunil 12:30 PM-Learning w/ Larry
17. 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	18. 9AM-Community Care Van 10:30 AM- Senior Chat 11 AM- Robin w/ GLSS 11:45 AM- Lunch 12:30 PM- Chess Club 12:30 PM- Chair Yoga 3 PM to 5 PM Supper Club	19. 10AM-Barber 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	20. 10:30 AM- Movie w/ popcorn 11:00 AM- Zumba 11: 15 AM- Olive Garden lunch outing 11:45 AM- Lunch 12:30 PM- Trivia 12:30 PM-Chorus Club	21. 9AM- Mass Health Thanksgiving Event with 50/50 raffle hosted by Lynn Friends of COA Birthday Celebration 12:30 PM-Learning w/ Larry
24 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	25. 10:30 AM- Senior update day/MBTA Charlie cards 11:45 AM- Lunch 12:30 PM- AARP Presentation 12:30 PM- Chess Club 12:30 PM- Chair Yoga	26 10:30 AM- Bingo 11:45 AM- Lunch 12:30 PM- Bingo 1:30 PM- Horseracing	27. Thanksgiving Day Senior Center Closed 	28. Senior Center Closed

Mass Health Assistance

Tuesday, November 4th and Friday November 21st
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, November 19th 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

RSVP appointments by Wednesday,
November 12th

One round trip transportation per month
Thursday, November 13th

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



Community Outing- (Location TBA) Friday, November 7th 12:30 PM to 2:30 PM

20 slots available. *Please inform staff during registration if you utilize an electronic mobility device.*
No cost for Transportation. 20 slots available.

The Brook Casino -(Seabrook, NH) Thursday, November 13th. Departure 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 cost for transportation. \$2.00 tip gratuity for driver. 50 slots available.

Supper Club- (37 Friend Street, Lynn Ma) Tuesday, November 18th 3 PM to 5 PM

30 slots available. \$2.00 cost

Olive Garden- (Danvers, MA) Thursday, November 20rd 11:00 AM-1:15 PM

20 slots available. *Please inform staff during registration if you utilize an electronic mobility device.*
There is a \$3.00 cost for transportation. Seniors self pay for lunch. 20 slots available.

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. 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

All programs with * are funded in part, by Greater Lynn Senior Services, Inc. , the MA Executive Office of Aging and Independence and the Federal Administration for Community Living.

Donations are accepted and will be used to support the program. Donations not required for participation. Individuals will not be turned away if they do not donate.

*Mind, Body & Soul w/Ron Hildebrandt- Thursday, November 13th
20 slots-10:30 AM-11 AM. Please scan card at front desk to select.

*Learning w/Larry Tech Support -Friday, November 14th & 21st
20 slots- 12:30 PM-1:30 PM. Please scan card at front desk to select.

*Chair Yoga - Tuesday, November 4th, 18th & 25
20 slots -12:30 PM-1:15 PM. Please scan card at front desk to select.

Art and Craft w/Sunil- Friday, November 14th
20 slots -Grant funded by Massachusetts Cultural Council
No cost
12:30 PM-2 PM-1:15 PM. Please scan card at front desk to select.

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, Kay Brown C/O Friends of Council on Aging
Treasurer: 71 Glenwood Road Lynn Ma, 01904.

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City Of Lynn - Lynn, MA

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Lynn Council on Aging

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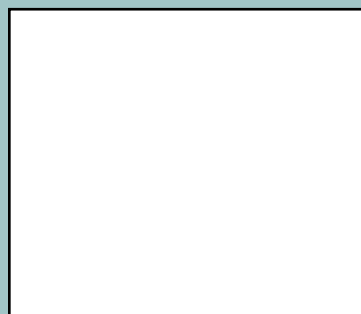
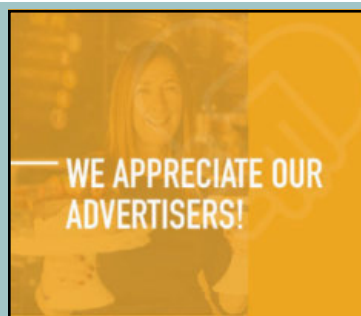
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