

# LYNN COUNCIL ON AGING SENIOR CENTER



**October  
2018**

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

## From the Director's Desk

Pumpkin loaf, pumpkin coffee, pumpkin muffins...what's so wonderful about pumpkin? If pumpkin is so great, how come there is no pumpkin toothpaste!? You don't see health drinks trying to entice you with pumpkin flavor, or kid's snacks pushing pumpkin. Chocolate is universal. Health products, kid's foods, ice cream flavors, coffee flavors all push chocolate because it is universally liked. Pumpkin is too popular for its own good!

Erica likes pumpkin. Pumpkin pie is her favorite dessert for Thanksgiving and Christmas. Maybe pumpkin is a product for the younger generations. Did you know that they have pumpkin spiced Cheerios and pumpkin oatmeal now? Erica made pumpkin chili! We don't need it infused into every meal.

How do you feel about pumpkin? Is it the next big flavor like chocolate or vanilla, or is it overrated and unwelcome in your coffee? Personally, for Fall I am team apple. It balances dishes without overpowering them. Are you team apple or team pumpkin?! Let us know!

~Stacey Minchello

## From Your Mayor

As fall arrives and our city is beautifully transformed by multi-colored leaves, we are looking forward to cooler temperatures to provide a relief from the heat this summer.

October is going to be a busy month at the City Hall Auditorium. I invite you to attend the upcoming events including: Paula Abdul: Straight Up Paula on October 4<sup>th</sup>, Myriam Hernandez on October 5, The Dobre Brothers Live on October 6<sup>th</sup>, The Music of Cream on October 11<sup>th</sup>, Tower of Power & AMB on October 12<sup>th</sup>, Engelbert Humperdinck October 14<sup>th</sup>, Rumours of Fleetwood MAC on October 18<sup>th</sup>, So You Think You Can Dance Live! 2018 on October 19<sup>th</sup>, Dean Lives: A Musical Salute on October 20<sup>th</sup>, Decades Rewind on October 26<sup>th</sup>, Felix Cavaliere & Gene Cornish's Rascals on October 27<sup>th</sup>, and An Evening with Danny Aiello and Screening of Stiffs on October 28<sup>th</sup>. For more information and tickets call 781-599-SHOW or visit <http://www.lynnauditorium.com>.

"Little Shop of Horrors"—a musical written by Alan Menken & Howard Ashman—will be playing at LynnArts Black Box Theatre on Exchange Street, running from October 19<sup>th</sup>-November 4<sup>th</sup>. This deviously delicious sci-fi smash musical has been in production and entertained audiences for 30 years.

We are heading right into flu season. Two free flu clinics will be held this month—one on October 4<sup>th</sup> at Breed Middle School from 4-7 p.m. and the other on October 18<sup>th</sup> at Marshall Middle School from 4-7 p.m. If you are not able to make these dates and still need to obtain a flu shot, please call the Department of Public Health at 781-598-4000 to set up an appointment with the nurse.

The City is continuing to flourish with activities and I continue to work hard to ensure that Lynn is a place where we can all live, work and play.

Mayor Thomas M. McGee

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### Lynn Council on Aging Senior Center

Publication  
funded by:

Meet the Staff:

Hours of  
Operation:

Executive Office of  
Elder Affairs &  
City of Lynn

Stacey Minchello  
Director 781-599-0110 ext. 503

Erica Brown  
Program Coordinator ext. 618

Rosa Paulino-Diaz  
Activities Assistant ext. 625

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

### LCOA Board of Directors

**Arthur Akers** President  
**Minette Lall** Vice President  
**Lester McClain** Clerk  
**Pam Edwards**  
**Charles Mitchell**  
**Marlene Vasi Eddy**

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

### FRIENDS of LCOA Executive Board

**Joan B. Noble** President  
**Ann Breen** Vice President  
**Katherine Brown** Treasurer  
**Ellen Cash** Recording Secretary  
**George Harvey** Membership Secretary

Meets last  
Thursday of the  
month @ 9:45

**Meeting Dates:** Oct 25      Nov 29      Dec 27      Jan 31  
**Considering joining the FRIENDS?** Come visit us and see what we're all about  
Friendship first, friendly smiles making and raising funds for our senior center.

**Tired of waiting for the mail?**

Monthly newsletters are posted online:  
[www.ci.lynn.ma.us](http://www.ci.lynn.ma.us)

Click City Hall

Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

**Like us on Facebook!**



[WWW.FACEBOOK.Com/  
LYNNSENIORCENTER](https://www.facebook.com/LYNNSENIORCENTER)

**IN LOVING MEMORY**

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

Thank you for your donation  
~ Sophie Karoumpalis

In loving memory of my son, Billy Gallant.  
~Love, Ma, Cindy LeBlanc

In loving memory of George Walker  
~Mary Walker

In loving memory of Billy Gallant  
~Janet Martino



**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



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

Person's Name: \_\_\_\_\_

Send card to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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### CASINO TRIPS

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 "You Should Hear  
 What You're Missing"  
 152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901  
 781.599.1902 • 1.888.HEARITE (432.7483)




**Mohegan Sun \$32 October 16th**  
 Need 40 sign ups by October 5th  
 Bus leaves Center 6:30am Returns to Center 6:30pm



**Foxwoods \$32 November 13th**  
 Need 40 sign ups by Nov 2nd  
 Bus leaves Center 6:30am Returns to Center 6:30pm

**Coach buses are equipped with handicap accessibility and WI-FI!**

**\*\*Refunds will only be issued if you notify us 24 hours in advance, or if we sell your seat.\*\***

### MUSICAL AND JOY BASED TAI CHI

Every second and fourth Monday

10:00am-11:00am

Instructor: Mike Elliot

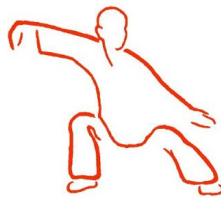
No reservation needed

\$5 per session

Improves balance, energy, and mobility

Elevates heart rate, improves posture, and builds muscle tone

Decreases stress and pain



**YOUR  
 AD  
 HERE  
 CALL  
 TODAY**

### MEDICARE OPEN ENROLLMENT

Do not ignore your Medicare mail!

If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you will receive information from your plan by the end of September. Please understand and save this information regarding changes in your plan for 2018.

During Medicare Open Enrollment (**October 15—December 7**), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. You may schedule a phone or in-person appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. *To schedule an appointment, call the senior center at 781-586-8618 or 1-800-AGE-INFO (1-800 243-4636)... then press or say 3.* If you get the SHINE answering machine, leave your name and number. A counselor will call you back, as soon as possible.

**Call early** to receive a pre-enrollment form and **make that appointment...**

Bring your Medicare and insurance cards and a complete list of medications.

**DO NOT WAIT UNTIL IT IS TOO LATE!**

7 Liberty Square • Lynn, Massachusetts  
 Now Accepting Applications  
 Subsidized Elderly Housing  
 Call 781-593-5700





## SENIOR TAX ABATEMENT WORKOFF PROGRAM

### APPLICATIONS AVAILABLE FOR 2019 DUE OCT 31

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 \$57,000 for single homeowner; \$86,000 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](http://www.ci.lynn.ma.us) and at the senior center. Maximum annual abatement of property taxes shall not exceed \$600 for 54.54 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 Erica at 781-586-8618.**



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[www.BestMakesItHappen.com](http://www.BestMakesItHappen.com)

## ADDICTION IS NOT A CHOICE

It's a Disease.

End the stigma of addiction.

Help someone who needs treatment.

Helpline: 1-800-327-5050

[Mass.gov/statewithoutstigma](http://Mass.gov/statewithoutstigma)

#StateWithoutStigma

Massachusetts Department of Public Health

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

### Free Popcorn & Soda

### Wide Screen Plasma Home Theatre System

Oct 3	Lion	2016	PG13	118 min
Oct 10	Lincoln	2012	PG13	150 min
Oct 17	The Fast and the Furious	2009	PG13	107 min
Oct 24	The Best Exotic Marigold Hotel	2011	PG13	124 min
Oct 31	Game Night	2018	R	100 min



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.




Place Your Ad

## OCTOBER HAPPENINGS


- Mon Oct 1** Field Trip: Topsfield Fair \$12 11:00am—4:00pm  
Ticket for admission included
- Tue Oct 2** Birthday Karaoke 11:30am—1:00pm
- Mon Oct 8** **SENIOR CENTER CLOSED—Happy Columbus Day**
- Tue Oct 9** Field Trip: Horseracing game and Lunch 10:00am—1:30pm  
Lunch included, bring quarters to play game \$2
- Wed Oct 10** Lunch Trip: Floramo's \$2 11:00am—1:15pm  
Chelsea, MA
- Thu Oct 11** Ice Cream Social \$0.50 1:00pm  
Sponsored by: FRIENDS of the LCOA
- Thu Oct 11** Strategies for Life Coping Support Group 3:00pm  
Learn about South Bay Counseling Services
- Mon Oct 15** Bingo Bonanza! \$11 games 1:00pm  
9 cards-paper sheets only  
Card sales begin at 11:30am and close promptly at 1:15pm
- Tue Oct 16** Mohegan Sun Casino \$32 6:30am—6:30pm  
Prepaid reservation required—see page 4
- Thu Oct 18** MBTA Senior CharlieCard Event 9:00am—11:00am  
See page 7 for more details
- Fri Oct 19** **Brown Bag** 9:00am—12:00pm  
Sponsored by Greater Boston Food Bank
- Mon Oct 22** Field Trip: Foliage Tour \$5 9:30am—3:00pm  
Honey Pot Hill, Friendly's lunch on own
- Tue Oct 23** Field Trip: Southwick Zoo \$17 8:30am—3:30pm  
Pack own lunch or lunch on own inside  
This trip entails walking
- Thu Oct 25** **Flu Clinic** 9:00am-12:00pm  
Sponsored by: Walgreens Pharmacy—bring insurance card
- Thu Oct 25** Strategies for Life Coping Support Group 3:00pm  
Learn about South Bay Counseling Services
- Mon Oct 29** Bingo Bonanza! \$11 games 1:00pm  
9 cards-paper sheets only  
Card sales begin at 11:30am and close promptly at 1:15pm
- Wed Oct 31** **Halloween Party** 9:00am—11:00am  
See page 7 for more details

**Hatch Hearing Aid Center**



*"You Should Hear  
What You're Missing"*

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AD  
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Subsidized Elderly Housing

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# HALLOWEEN PARTY

Wednesday October 31st

**Candy Bar Give-away sponsored by The FRIENDS of the LCOA**

Free candy bar when you swipe your senior center card

Beginning at 9:00am (while supplies last)

**Halloween Gameshow**

9:00am-10:00am

**Costume Contest**

10:00am-10:30pm

**Prizes for the winners of each contest!**



# UKULELE CLUB

Every Tuesday 2:30-3:30pm

Activities room **FREE!**

Beginners and experienced player welcome

Instruments included at Senior Center

Instructor Matthew McConeghy

Questions call Erica 781-586-8618



# MBTA SENIOR CHARLIECARD EVENT

Thursday, October 18th from 9:00am—11:00am

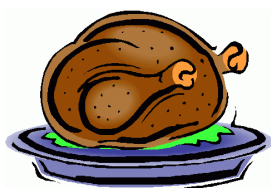
Receive a reduced fare MBTA CharlieCard

To qualify, you must come in person that day, have a valid **Massachusetts ID**, you must be **65+** years old, fill out an application, and have your picture taken at the Senior Center.

If you have any questions, please call Erica (781-586-8618) or Rosa (781-586-8625)

# UPCOMING EVENTS

Veterans Omelet Breakfast	Thu, Nov 8th	8:00am-9:00am
	Free to veterans, \$3 Seniors, \$5 all others	
<b>Homemade Turkey Dinner</b>	Thu, Nov 15th	11:00am-12:00pm
	\$5	
Pull-A-Pop	Thu, Nov 15th	12:00pm-1:00pm
	Gift card prizes	
	\$1 for 1 chance or 6 chances for \$5	
Holiday Party	Tue, Dec 11th	10:00am-2:00pm
	Advance Tickets \$5	



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## Wellness Watch October 2018

The fall season brings new colors on the trees and crisper air. When we wake up in the morning and step outside, sometimes the cold air can hit the lungs unexpectedly. October is a month to think about lung health and taking care of the respiratory system. Here are some ways to keep your lungs healthy:

Avoid smoking because it is the major cause of lung cancer, chronic obstructive pulmonary disease (COPD), chronic bronchitis and emphysema. Cigarette smoke gets into your lungs and narrows air passages which then make breathing difficult. It is never too late to quit smoking and for help you can contact the American Lung Association for tips.

Pollutants in the air such as secondhand smoke, air pollution, chemicals inside and radon can increase risk for lung disease. Creating a smoke free environment in your home and car will help to protect your lungs. Testing your home for certain chemicals, especially radon is vital to preventing lung disease. Discussing any concerns with your healthcare provider can also help to ensure that your home, school and work are safe.

Preventing infection as much as possible is key to protecting the lungs. A cold or respiratory infection can lead to very serious illness. Washing your hands with soap and water often, or using hand sanitizer will help to prevent the spread of germs. Staying up to date with vaccinations, especially the flu shot can prevent illness. The pneumonia vaccine is another way to prevent disease, especially if you are already at risk.

Cardio exercise such as walking, biking or swimming helps to improve lung capacity. There are also breathing exercises to improve lung function. Both breathing exercises and physical exercise can help to improve your mood and overall wellbeing.

Regular checkups with your healthcare provider are important to maintain health even when you feel good. Sometimes there are symptoms that go undetected and can later lead to serious illness. Your provider can check your lungs and breathing to make sure everything sounds normal. This is also a time to share any concerns you may have. Being a partner in your healthcare team will allow your voice to be heard.

There are many things everyone can do to prevent disease and try their best to stay in good health. However, it is just as important to understand warning signs in order to get help as early as possible. A few warning signs include chronic cough (one that lasts longer than a month), chronic mucus (exists for more than one month), shortness of breath, wheezing and coughing up blood. If any of these occur contact your healthcare provider right away. These are all symptoms of lung disease and could lead to COPD, asthma or lung cancer.

For more information visit the American Lung Association at [www.lung.org](http://www.lung.org) or 1-800-LUNGUSA (1-800-586-4872)

Kelsey Magnuson- Program Coordinator, Wellness Pathways



# SENIOR CENTER ACTIVITIES • October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET 9:00 -12 WII	SILSBEE STREET 9:00 -12 WII	SILSBEE STREET 9:00 -12 WII	SILSBEE STREET 9:00 -12 WII	SILSBEE STREET 9:00 -12 WII
9:30-11:00 KNITTING & CONVERSATION	9:15-10:45 POKENO	9:00 - 1:00 HAIR SALON	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	9:30-11:00 KNITTING & CONVERSATION
10:00-11:00 TAI CHI (2nd & 4th MONDAYS)	10:00-11:30 OIL PAINTING	9:30-10:30 BEGINNER'S TAP	8:00-11:00 KIOSK (IN2L)	11:00-12:00 LUNCH
11:00-12:00 LUNCH	9:00-11:00 KIOSK FOR LIVING WELL (IN2L)	11:00-12:00 LUNCH	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 MOVE SAFE CLASS	11:00-12:00 LUNCH	11:30-12:15 EXERCISE CLASS (\$5)	10:30-12:00 ACRYLIC PAINTING	1:00-2:45 BINGO
12:00-1:00 SPORTS CLUB	12:00-2:45 POKENO	1:00 - 3:00 MOVIE	11:00-12:00 LUNCH	
1:00-2:45 BINGO	1:30 BILLIARDS CLUB	1:00-3:00 'PENNY ANTE' POKER	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
	2:30-3:30 UKULELE CLUB		1:00-2:00 ZUMBA GOLD	
			2:00-3:00 HORSE RACE GAME	

## OLYMPIA SQUARE APARTMENTS

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- Close to stores, banks, senior center
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- Modern laundry/community room
- Accepting applications

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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.



111 Birch St, Lynn, MA 01902

781.592.9667

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OCCUPATIONAL THERAPY \* SPEECH THERAPY \* RESPITE CARE

# AUTUMN

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

APPLE    BROWN    CHILLY    COLORS    FALL    GEESE  
 HARVEST    HAY    LEAVES    MAPLE TREE  
 OCTOBER    ORANGE    PEAR    PUMPKIN    RED  
 ORCHARD    RAKE    CORN    MAZE    WHEAT

# October 2018

Requested Donation is \$2.00 per meal

## Greater Lynn Senior Services COMMUNITY CAFE MENU – OCTOBER 2018

GLSS NUTRITION  
781-586-8695

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Chicken/cranberry glaze(324) Roasted sweet potato(104) Calories- 670 Sodium-940</p> <p>ALTERNATIVE Baked pork(106) Calories-707 Sodium-722</p> <p>8</p>	<p>2 Meatloaf/ gravy(370) Cheddar mashed potato(136 ) Calories-739 Sodium-876</p> <p>ALTERNATIVE Veggie stuffed pepper(100) Calories-650 Sodium-605</p> <p>9</p>	<p>3 Pork hot dog/roll(886)* Baked beans(140) Calories-723 Sodium-1328**</p> <p>ALTERNATIVE Veggie burger/roll(670)* Calories-700 Sodium-1050</p> <p>10</p>	<p>4 Lasagna/sauce(405) Vegetable soup/crax (185) Calories-663 Sodium-898</p> <p>ALTERNATIVE Honey soy chicken(325) Calories-768 Sodium-815</p> <p>11</p>	<p>5 Potato Pollock/ sauce(385) Red bliss potato(5) Calories-729 Sodium-739</p> <p>ALTERNATIVE Beef/onions(100) Calories-708 Sodium-600</p> <p>12</p>
<p>HOLIDAY</p> <p>NO MEAL SERVICE</p>	<p>Yankee pot roast/gravy(168) Golden mashed potatoes(109) Calories-746 Sodium-751</p> <p>ALTERNATIVE Pasta primavera(200) Butternut squash(20) Calories-720 Sodium-675</p> <p>16</p>	<p>Pulled pork/BBQ sauce(292) Roasted sweet potato(104) Calories-911 Sodium-808</p> <p>ALTERNATIVE Bean/cheese burrito(300) Corn(10) Calories-670 Sodium-700</p> <p>17</p>	<p>Chicken pot pie(570)* Parslled potato(5) Calories-747 Sodium-982</p> <p>ALTERNATIVE Fish/tomato &amp; onion(150) Carrots(2) Yucca(17) Calories-758 Sodium-650</p> <p>18</p>	<p>American chop suey(316) Salad/dressing(62) Calories-938 Sodium-704</p> <p>ALTERNATIVE Egg/cheese croissant(410) Sweet potato wedges(187) Calories-771 Sodium-821</p> <p>19</p>
<p>15 Sweet and sour pork(311) Fried rice(116) Calories-837 Sodium-948</p> <p>ALTERNATIVE Chicken/sauce(200) Calories-780 Sodium-675</p> <p>22</p>	<p>Baked haddock(150) Tomato soup/crackers(204) Calories-640 Sodium-720</p> <p>ALTERNATIVE Cheese ravioli/sauce(575)* Calories-640 Sodium-1000</p> <p>23</p>	<p>Oven fried chicken(200) Macaroni and cheese(260) Calories-880 Sodium-832</p> <p>ALTERNATIVE Cheese quesadilla(383) Calories-700 Sodium-820</p> <p>24</p>	<p>Salsbury steak/gravy(459) Mashed potatoes(109) Calories-681 Sodium-878</p> <p>ALTERNATIVE Hoisin chicken(384) Calories-713 Sodium-696</p> <p>25</p>	<p>Stuffed pepper(175) Mushroom soup/crax(271) Calories-823 Sodium-953</p> <p>ALTERNATIVE Chicken stew/yucca(207) Calories-761 Sodium-735</p> <p>26</p>
<p>Swedish meatballs(243) Mashed potato(109) Calories-625 Sodium-678</p> <p>ALTERNATIVE Veggie chili(448) Calories-625 Sodium-915</p> <p>29</p>	<p>Macaroni and cheese(520)* Kale &amp; white bean soup(70) Calories-732 Sodium-826</p> <p>ALTERNATIVE Coconut curried fish(290) Calories-748 Sodium-687</p> <p>30</p>	<p>Turkey/gravy(487) Mashed potatoes(109) Calories-630 Sodium-957</p> <p>ALTERNATIVE Ground beef/onions(150) Calories-718 Sodium-650</p> <p>31</p>	<p>October Autumn Fest Cider braised chicken Parsnips &amp; carrots Wild rice blend Baked dessert Roll Calories-843 Sodium-980</p> <p>ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500mg.per serving). MEALS MARKED ** ARE HIGH SODIUM(more than 1200MG per meal).</p>	<p>Chicken tenders/honey mustard sauce(170) Calories-635 Sodium-657</p> <p>ALTERNATIVE Seasoned pulled beef(100) Calories-675 Sodium-603</p> <p>NUMBERS IN ( ) ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE LISTED FOR THE ENTIRE MEAL,INCLUDING MILK,BREAD,MARGARINE AND DESSERT.</p>
<p>Beef stew(117) Mashed potato (109) Calories-860 Sodium-751</p> <p>ALTERNATIVE Cheese pizza (340) Calories- 800 Sodium-926</p>	<p>Stuffed shells/sauce(505)* Salad/dressing(262) Calories-600 Sodium-1050</p> <p>ALTERNATIVE Honey mustard pork(295) Calories-790 Sodium-797</p>	<p>Chicken picatta/ rice(185) Roasted tomatoes(100) Calories- 850 Sodium-700</p> <p>ALTERNATIVE Macaroni and cheese(520)* Calories-816 Sodium-1086</p>		

# Hair Salon

## SOPHIE'S SALON

WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

WALK-IN OR APPOINTMENTS

## KIOSK FOR LIVING WELL

TUESDAYS 9:00-11:00  
THURSDAYS 8:00-11:00

Capture the Pride!



# WELLNESS OFFERINGS

## PODIATRIST



Thu Oct 4

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

## BLOOD SUGAR & BLOOD PRESSURE

Every Wednesday

8:00 am - 9:00 am



## LYNN COUNCIL ON AGING SENIOR CENTER

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

RETURN SERVICE REQUESTED

NON-PROFIT  
U.S. POSTAGE

**PAID**

LYNN, MA  
PERMIT NO. 56