



HERITAGE

What comes to mind when you think of the month of May? I instantly start thinking, CAMPING, outdoor time, Mother's Day, Memorial Day week-end, and BBQ's with family and friends.

May is also Older Americans Month! This year's theme is "Safe Today, Healthy Tomorrow". The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

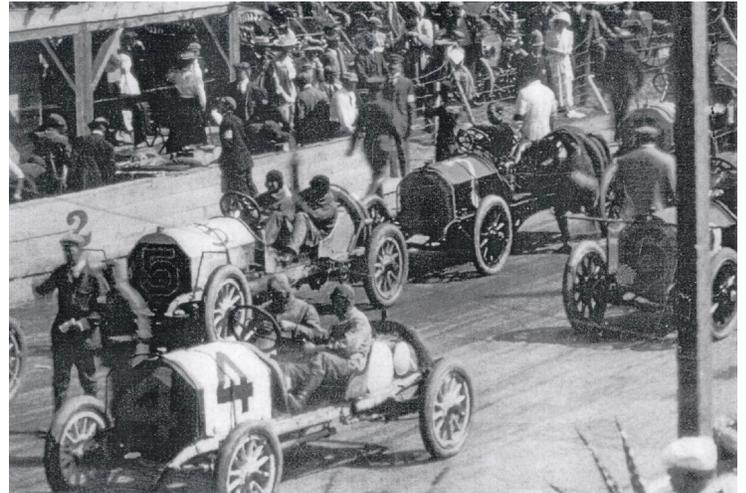
This month we will be offering a wide variety of educational and safety related seminars. The following speakers will be visiting the senior center: Registrar of Deeds Richard Howe on the Homestead Act (5/2 @ 10 am), City of Lowell Election Commission education on public polling (5/8 @ 6pm), Seniors and Natural Disasters with Comfort Home Care (5/8 @ 10:30 am), USS Stark Slideshow at the Veterans breakfast (5/9 @ 9am), United Healthcare in Spanish (5/12 @ 10:30 am), Tufts Healthcare (5/13 @ 2pm), Elder Law with MA Bar Association (5/15 @ 10 am), The 5 wishes program with Deanna Rabidoux (5/20 @ 12 pm), North East Rehab on Senior Driving seminar (5/22 @ 12 pm), A P.A.C.E presentation with North Shore Elder Services (5/23 @ 10 am), City of Lowell LPD safety & K9 dog demonstration (5/28 @ 10 am), Financial Planning & awareness with Lisa Walker from Edward Jones (5/29 @ 9 am). Please see inside newsletter and calendar for additional information on these meetings and seminars.

The Lowell Senior Center would like to thank Suzanne and the Northwood RHCC for their delicious key lime pie donated at last month's dinner dance.

Mother's Day will soon be here. If you'd like to enjoy a complimentary lunch at the senior center, please come on down on Sunday, May 11th. Feel free to bring a guest of your choice, simply R.S.V.P with Tara at (978) 674-1171. All of us here at the senior center hope you have a wonderful day.

Did you know our state Capitol (Boston, MA) is one of the ten most popular tourist destinations in America!

Our capital city gets over 16 million tourists per year. Many of us live only twenty minutes from Boston but don't often visit. One hot spot I myself have never seen is supposed to hold many of Boston's favorite sites, The Freedom Trail. This is a 2.5 mile trail you can take, brick lined route that leads to 16 significant and historical sites. You can explore authentic treasures, such as, museums, meetinghouses, churches, and burying grounds. The American Revolution began in Boston! Why not check out the rich history of this site and learn about the brave people who shaped our nation. Hear the stories of the brave Bostonians and Colonists who dared to challenge Britain and helped establish the greatest republic in the world, told by an 18th Century costumed guide. For more information visit the Visitor Information Center at 139 Tremont St., Boston MA 02111. The senior



center will be offering this trip in July 2014.

Memorial Day is Monday, May 26th. This day most of us will be remembering the many men and women who died while serving in the military in the United States. We thank those who gave their lives to keep us safe and free.

We hope you will enjoy the activities available this month. If you have any ideas and requests please let us know.

Sincerely,

Michelle Ramalho

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The City of **LOWELL** *Alive. Unique. Inspiring.*

CITY MANAGER

Kevin J. Murphy

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**City Council**

**Mayor**

Rodney M. Elliott

**Vice Mayor**

John J. Leahy

\*\*\*\*\*

Corey A. Belanger

Edward J. Kennedy Jr.

William F. Martin Jr.

Rita M. Mercier

James L. Milinazzo

Daniel P. Rourke

William J. Samaras

**City of Lowell  
Veterans Services**

**Director / Agent**

Eric Lamarche  
978-674-1595

ELamarche@lowellma.gov

**Head Clerk**

Carmen Felix  
978-674-1596

CFelix@lowellma.gov

**Head Clerk**

Nancy McGuire  
978-674-1597

NMcGuire@lowellma.gov

**Office Hours:**

**8:00 A.M. - 4:00 P.M.**

**Monday - Friday**

2nd Floor of the Senior Center  
in the administrative office area

**SENIOR CENTER SERVICES**

**Main Number: 978-674-1172**

Fax: 978-970-4134

**Executive Director:** Michelle Ramalho  
978-674-1170 ~ mramalho@lowellma.gov

**Receptionist:** Tara Donnelly  
978-674-1171 ~ tdonnelly@lowellma.gov

**Events / Trips Coordinator:** Kathy Carroll  
978-674-1169 ~ kcarroll@lowellma.gov  
Monday-Friday 6 am to 2 pm

**Volunteer:** Sandra Breen 978-674-1176  
sbreen@lowellma.gov  
Monday-Wednesday 6 am to 1 pm

**Outreach Coordinator:** Amy (Medina) Leal  
978-674-1167 ~ aleal@lowellma.gov  
Monday-Thursday 9 am to 4 pm

**Volunteer Coordinator:** Audrey McMahon  
978-674-1166 ~ amcmahon@lowell.ma.gov  
Tuesday-Thursday 10 am to 2 pm

**Minority Outreach Coordinator:** Linda Hin  
978-674-1173 ~ Lhin@lowellma.gov  
Mon-Thurs 9-12, Fri 8-11

**Outreach Volunteers:** John R. Lawlor  
978-674-1174 ~ Jlawlor@lowellma.gov  
Monday-Wednesday 10 am to 3:40 pm

Deanna Rabidoux

978-674-1168 ~ dlrabidoux@lowellma.gov  
Tuesday-Thursday 9 am to 4 pm

**SHINE (Serving Health  
Insurance Needs for Elders)**

Joan Gong 978-674-1172  
Monday appointments ONLY- 10 am to 1 pm

**Legal Services Assistance & Referrals**

For an appointment call  
Tara at 978-674-1172 or 978-458-1465

**Pollard Library** 978-674-8634  
**COA Library Annex** 978-970-4186

“Heritage” Production Editor—John R. Lawlor  
Composition—Amy Leal

**Lowell Senior Center Hours of Operation:**

Monday—Friday: OPEN 6:00 am to 4:00 pm—  
Lunch served at 11:30 am  
Saturday and Sunday: Coffee & Pastries and Lunch  
ONLY—OPEN 7:00 am until NOON

**COUNCIL ON AGING  
BOARD OF DIRECTORS**

*Joan Bedford*

*Eleanor Belanger*

*Joyce Dastou*

*Andrew Hostetler*

*John R. Lawlor*

*Sidney Liang*

*Vincenzo Milinazzo*

*Suellen O'Neill*

*William Sheehan, Chair*

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Next Meeting:

Monday, June 9 @ 9:00am

**FRIENDS of the
Lowell Council on Aging, INC.**

BOARD OF DIRECTORS

PRESIDENT

Dr. Joseph M. Downes Jr.

VICE PRESIDENT

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TREASURER

Jacqueline Denison

SECRETARY

Claire Brodeur

DIRECTORS

Joseph Dussault

Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

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Office hours vary

Call 978-674-1175.

Meetings held on last Friday  
of the month at 9:30 a. m.

Public welcome

**BINGO Committee**

Chairman — Lenny Gendron  
Vice Chairman — Roland Cloutier  
Treasurer — Claire Brodeur

# LCOA Trips

Available for all ages 18-101! are the Motor Coach trips from Ayotte Garage. \$25 deposit. \*\*\*\* Overnight &/or Motor-coach  
 All Trips must be paid in full one month prior to travel date. LCOA policy: no refunds (unless insurance is purchased).  
 The "Civic Events" office is now open from 6:00 a. m. to 2:00 p. m. — Trip flyers available outside of 2nd floor office.

\*\*\*\* **June 13-14, Friday-Saturday—9/11 Memorial in NYC & WestPoint Academy** with the Hudson River Valley & Dinner Theater Show. Day 1: guided tour of WestPoint Military Academy, Old Cadet Chapel, lunch on your own, Courtyard by Marriott, included evening dinner & entertainment at Westchester Dinner Theater. Day 2: included hot breakfast, Ground Zero & 9/11 Memorial, Free Time near Rockefeller Center see St. Patrick's Cathedral, Times Square, Top of the Rock, NBC Studio Tour, great shopping on Madison & 5th Avenue, & lunch on your own. SEE FLYER. Cost \$299 pp dbl/trp or \$359 pp sgl.

**June 24, Tuesday—Lobsta'fest @ Newport , RI Playhouse & Cabaret "Weekend Comedy"**. Sold Out—due to the high interest, another trip is scheduled for July 7—see below.

\*\*\*\* **June 28-29, Saturday-Sunday—Red Sox vs Yankee's Tour** includes: Round trip motor coach transportation New England to New York, Tickets for the Red Sox vs the Yankees at Yankee Stadium, 1 night New Jersey with first class accommodations 1 breakfast, Circle Line cruise around Manhattan, city sight-seeing tour, baggage handling, gratuities except to tour director & driver, services of a professional tour director. Cost \$379 dbl, \$375 tpl, \$479 sgl, Child Price \$359.

**June 28, Saturday—Foxwoods Saturday Night Special:**

**June 30, Monday—Cape Cod Canal CANCELLED**

**NEW: July 7, Monday—Lobsta'fest & Newport, R I Playhouse & Cabaret "Weekend Comedy"**.

**July 9, Wednesday—Boston Duck Tour** Featuring the same Ducks used in the Victory Parades for the 2013 World Champion Red Sox's Patriots & Bruins & lunch off the menu @ the No Name Restaurant. History unfolds before your eyes as you explore Boston aboard our unique Ducks. You'll view diverse forms of architecture, examine local art and learn about Boston's lore and legend. Departs on Roger's Bus from the George Ayotte Garage. Cost \$60.

**July 24, Thursday—The Very Best of the Golden Oldies @ Danversport Yacht Club** Experience the very best of the Golden Oldies with New England's Premiere Oldies Band Straight Lace. With over 40 years of experience, a song list that includes 100 top ten selections, a high energy show that Rocks, Swings, and Twists. Departs LCOA. Cost \$64.

\*\*\*\* **July 28, Monday—Foxwoods Bonus Package** Includes Transportation. Depart from the George Ayotte Garage. Cost \$30.

**July 29, Tuesday—Spirit of Boston** Includes transportation, cruise, luncheon, entertainment, & dancing. Departs LCOA. Cost \$60.

**August 12, Tuesday—Foster's Clambake in York ME—** American Songbook featuring Lydia Harrell. Enjoy a traditional Maine Lobster bake at Fosters' Clambake. We transform this venue with our lighting, and sound to bring you our amazing show called "The Great American Songbook". Departs from LCOA. Cost \$67.

**August 14, Thursday—Surf & Turf @ the Newport, R I Playhouse** "Murder at the Howard Johnson" Is all fair in love? That question is posed by this light and very funny comedy about a love triangle at the Howard Johnson Motor Inn! Departs LCOA @ 9:15am. Cost \$65.

**August 27, Wednesday—Casablanca by the Sea - Featuring Portland, Maine,** narrated harbor cruise & luncheon. We will arrive @ the Dunstan School House Buffet with "Over a 100 Items". After lunch, we will arrive at the Bay View Lady for a 90 minute cruise. Depart from the George Ayotte Garage at 9:15 am. Cost \$59.

**September 9, Tuesday—"American Bandstand Revue" @ Venus De Milo in Swansea, MA** This show is for those 50's & 60's enthusiasts with music from Jerry Lee Lewis, Brenda Lee, Neil Sedaka, The Four Seasons, The Beach Boys, Paul Anka, Frankie Lymon, Freddie Cannon, Connie Francis, The Girl Groups and more! 11:30 doors open & lunch @ noon: Boneless Breast of Chicken, Soup, Potato, Vegetable, Dessert and Coffee. Roger's Bus Departs @ 10:15 from LCOA. Cost \$50.

**September 18, Thursday ... New England goes Country @ Danvers, MA Yacht Club** Join us for an amazing day of Country music with 2 of New England's Hottest young stars to perform on our Best of Times stage. This is an opportunity to see two budding stars on their way up the country music charts and into the country mainstream. Listen to some of our country favorite songs as well as some new songs sure to win over our country ears! Cost \$63.

**September 19, Friday ... Cape Cod Canal Cruise & Annual Bourne Scallop Festival – New Location @ The Barnstable County Fairgrounds in Falmouth!** Includes: admission to the Bourne Scallop Festival, with choice of Fried Scallop or Herb Roasted Chicken dinner, & narrated 90 minute Cape Cod Canal Cruise. Departs from the George Ayotte Garage @ 8am. Cost \$57.

**October 8-10, Wednesday—Friday ... QVC Shoppers Special ... Mushrooms, Wine & Gardens Day.** See Flyer for more info. Cost: \$449 dbl, \$439 tpl, \$549 sgl.

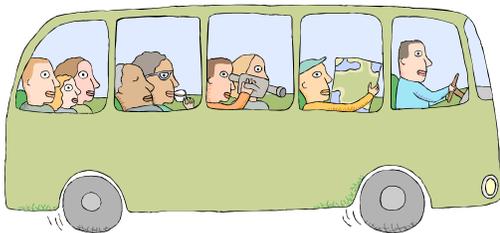
**\*\*\*\*October 7-8, Tuesday-Wednesday ... Cranberry Bogs & Cranberry Wine.** Trip includes: 1 night lodging at the Hyannis Harbor Hotel, 3 Meals, Tour & Wine Tasting at Truro Vineyards, Cranberry Bog tour, 2 hour Cape Cod Canal Cruise, Tour along Historic Rt 3 6a, luggage handling, roundtrip transportation & more! See flyer for more info. Depart George Ayotte Garage. Cost: \$279 dbl, \$269 tpl, \$329 sgl.

**October 22, Wednesday ... Cabaret Lulu at Old Sturbridge Village** Presents "Say It With Music" Lunch & Show at the theater. Cost \$50.

**November 6, Thursday ... Andrews Sisters Tribute: "Letters from Home" at White's of Westport.** This show takes you down memory land with hits like "Don't Sit Under the Apple Tree", "Rum & Coca-Cola", "Every Time We Say Goodbye", "Pistol Pack'n Mama", "Bei Mir Bist DuShon", "Shoo Shoo Baby" & Boogie Woogie BugleBoy; this high energy shows that will be honoring the men and women of our military. Doors open @ 11:30am Lunch @ noon Choice of Boneless Stuffed Breast of Chicken or Baked Scrod, Potato, Vegetable Coffee & Dessert. Depart from LCOA. Departs for home at 3:30 pm. Cost \$65.

**\*\*\*\*November 7-9th, Friday-Sunday ... New York City Cruise to Nowhere, 9/11 Memorial, & The Radio City Rockettes Christmas Show.** See Flyer for More Info! Cost \$399 per person.

**December 4, Thursday - Newport R I Playhouse:** "Lies, Cheat, & Genuflect." Two young men – gamblers who never win - have a rich uncle who is leaving all his money to a niece who is a nun - whom he has never seen! The uncle dies, and one of the nephews arrives as the niece, dressed as a nun! – begins! Full Buffet, Cabaret & Transportation. Cost \$55.



## Roger's \$5.00 Trips

*Ages 60 to 101!*

Bus leaves @ 9:15 am from the Senior Center.

The bus is Handicapped Accessible.

SCHEDULE IS SUBJECT TO CHANGE.

### May tickets on sale May 1st

6th ... Tuesday ... Weathervane & Walmart (NH)  
 8th ... Thursday ... Grassfield's & Christmas Tree Shop  
 12th ... Monday ... Café Luigi's & shopping, Bedford  
 19th ... Monday ... Nashua, NH Mall (shopping)  
 20th ... Tuesday ... Kimball Farms (FREE ride ONLY)  
 23rd ... Friday ... Merrimack, NH Outlets (shopping)  
 30th ... Friday ... Parkers Maple Barn, Mason NH

Limit (4) four tickets per person ... per trip! No employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member.

### June tickets on sale May 30th

5th ... Thursday ... Markey's & shopping NH  
 9th ... Monday ... Hampton Beach, NH  
 16th ... Monday ... Newburyport, MA  
 19th ... Thursday ... Wrentham, MA Outlets  
 23rd ... Monday ... Hampton Beach, NH  
 27th ... Friday ... Quincy Market, Boston, MA

If you arrive prior to 8 am on date of ticket sales, please make sure to sign your name on the numbered list on Tara's door. Tara will arrive at 8 am and give you your number & the list will be removed from the door & numbers will be distributed upon your arrival.

## **Emergency Preparedness**

Thursday, May 8th 10:30 a.m.

How can YOU best prepare for emergencies? Jenn Quinn from ComFortcare Home Care will discuss and give insights to seniors on how to prepare when it comes to emergencies. While each person's abilities and needs are unique, she will inform the seniors how to take steps to prepare for all kinds of emergencies. Join us to discuss commonsense measures seniors can take to start preparing for emergencies before they happen. Sharing your tips with the group will be encouraged as well!

## **Food Collection**

This years was another huge success. City of Lowell departments collected 1440 items for the Merrimack Valley Food Bank.

Now the results of the Challenge: Runner up with 225 items: Team "Develop they can" DPD. 3rd Place winner with 369 items: Team "Works Well" The Career Center. 2nd Place winner



with 381 items: Team "Forever Young" Council on Aging and Veterans Services. 1st Place winner with 465 items: Team "Can Collect" Treasury.

Thank you to everyone for their support of this very worthwhile cause.

## **Learn about United Healthcare's Senior Care Options Plan**

Monday, May 12th at 10:30 a.m.

Alex Cruz will be hear to tell you about health insurance, like \$0 copay for prescription medicine. He will also answer your questions. You can call him at 603-785-9991 if you cannot make it to the meeting. Alex speaks Spanish.

## **Taking Control of Your Future: A Legal Checkup**

Thursday, May 15th at 10:00 a.m.

Attorney Theo Vougias will be presenting. He will answer your questions too! First 15 people will receive an law education guide book. The mission is to develop awareness of issues surrounding legal services for the elderly.

## **NINETIES CELEBRATION**

The Lowell Senior Center is pleased to sponsor a Nineties Celebration on Friday, May 23rd at 11:00 a.m. in celebration of Older Americans Month. The event honors Lowell elders who are 90 and older. The afternoon will include lunch served around 11:30 a.m., along with raffles and entertainment. Advanced registration is necessary, call 978-674-1171 before May 10th. If you were born in 1924 or earlier, please

indicate your birth date when registering so you can be acknowledged. Welcome to bring one guest and they will be seated at your table. Transportation is available. This is open to all Lowell Seniors only. There is no charge for this special event.

## **Safe Driving Seminar**

Thursday, May 22 at 12 noon

Are you safe to drive? As we all age, changes occur in our physical functioning, vision, perception, and processing abilities that could make driving unsafe. While these changes are inevitable, they occur at different rates for each of us and age alone is not a good indicator of ability. Learn about warning signs to consider, adaptive equipment and car fitting. An evaluation by a driver rehabilitation specialist from Northeast Rehab may be able to help.



## **PACE presentation**

Friday, May 23 at 10 a.m.

Elder Service Plan of the North Shore is a non-profit organization dedicated to providing health and social services to elders enabling them to remain in their own homes and communities with dignity, safety and as much independence as possible. We offer PACE (Program of All-inclusive Care for the Elderly) throughout the Merrimack Valley area through our Methuen location, as well as centers in Lynn, Beverly and Gloucester.

## Doctor's, Nurse's & MORE

Blood Pressure & Weight:

**Lowell Visiting Nurse Association**

2nd Tuesday at 8:00 to 10:00 am

3rd Tuesday at 10:00 am to 12:30 pm

**Albert Gauthier RN/ Blood Pressure**

9:30-11:30 ( most Wednesdays )

**Commonwealth Nursing**

1st & 4th Tuesday from 10 am to 12 pm



**Dr. George Potamitis from Pro-Rehab**

Question and Answer Sessions

Every Wednesday from 10 - 11 am



**Affordable Hearing - Christopher Streeter**

Hearing Testing, Hearing Instrument Testing.

2nd Thursday of each Month from 9-11 am.

Please call 978-674-1172 for appointment.



**Diabetic shoes with Steven Carrucci**

2nd Tuesday of each month. 1-978-758-5378.



Together at last! From left to Right: former Lowell & current Dracut Veteran's Services Director William Zounes, retired Veteran's Services Director Joseph Dussault & current Veteran's Services Director Eric Lamarche at the Senior Center Veteran's monthly breakfast.

Sisters Decorate Together!  
Rita Freedman & Louise Martornano show off their brightly colored Easter eggs!



## CTI Bone Builders Class

Learn how to strengthen your muscles, maintain or increase bone density, improve your balance, build confidence, prevent falls, nutrition & lifestyle changes, & make new friends!

OPENINGS AVAILABLE!

See Calendar for dates & times

Call 978-674-1172 to register

\*Doctor's approval REQUIRED\*



COA employees Karl Correa, Roger Fortin, Kathy Carroll & Virginia Valdez, along with volunteer Shirley Kiernan serve our seniors a healthy, hot, delicious meal!

## Getting Fit & Staying Fit

with Marian Silk

Monday and Thursday:

9:00am - 9:55 am

Wednesday: 8:30 am - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early so we are out the door in one hour!)*



## YOGA

with Diana Kyricos

**Wednesday 10-11 am**

**\$5.00 per class**

Benefits? Helps with arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, & stress!

Atma Yoga 978-250-0441

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

[Diana@atmamoves.com](mailto:Diana@atmamoves.com)



# Mah-jongg

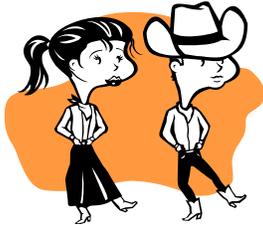
Mondays

12:00-4:00 pm



# Country Line Dancing

with Marcella Groulx



Tuesdays  
at 10:00  
to 12 noon

Fun &  
Exciting!

# Dominoes

with Charlotte  
Landry

Tuesdays 9:00 to  
11:00 am



# Hawaiian Hula Dance Lessons

with Kim Stevens

Every Monday at  
10:00 am

Good for joints  
And FUN!



# Quilting Lessons



Every Wednesday  
12:30 to  
3:00 pm



# What Taxpayers Should Know about Identity Theft and Taxes

When your personal information is lost or stolen, it can lead to identity theft. Identity thieves sometimes use your personal information to file a tax return to claim a tax refund. Then, when you file your own tax return, the IRS will not accept it and will notify you that a return was already filed using your name and social security number. Often, learning that your return was not accepted or receiving a contact from the IRS about a problem with your tax return is the first time you become aware that you're a victim of identity theft. How to avoid becoming an identity theft victim:

- Guard your personal information. Identity thieves can get your personal information in many ways. This includes stealing your wallet or purse, posing as someone who needs information about you, looking through your trash, or stealing information you provide to an unsecured website or in an unencrypted e-mail.
- Watch out for IRS impersonators. Be aware that the IRS does not initiate contact with taxpayers by email or social media channels to request personal or financial information or notify people of an audit, refund or investigation. Scammers may also use phone calls, faxes, websites or even in-person contacts. If you're suspicious that it's not really the IRS contacting you, don't respond. Visit our Report Phishing web page to see what to do.
- Protect information on your computer. While preparing your tax return, protect it with a strong password. Once you e-file the return, take it off your hard drive and store it on a CD or flash drive in a safe place, like a lock box or safe. If you use a tax preparer, ask how he or she will protect your information.

If you think you may be at risk for identity theft due to a lost or stolen purse or wallet, questionable credit card activity, an unexpected bad credit report or any other way, contact the IRS Identity Protection Specialized Unit toll-free at 1-800-908-4490. The IRS will then take steps to secure your tax account. The [Federal Trade Commission](http://www.ftc.gov) also has helpful information about reporting identity theft.

If you have information about the identity thief who used or tried to use your information, file a complaint with the [Internet Crime Complaint Center](http://apps.irs.gov/app/scripts/exit.jsp?dest=http://www.ic3.gov/default.aspx) <http://apps.irs.gov/app/scripts/exit.jsp?dest=http://www.ic3.gov/default.aspx> .

For more information – including how to report identity theft, phishing and related fraudulent activity – visit the [Identity Protection](http://www.irs.gov) [www.irs.gov](http://www.irs.gov) home page on IRS.gov/uac/identity-protection and click on the Identity Theft link at the bottom of the page. Additional IRS Resources: FS-2013-3, Tips for Taxpayers, Victims about Identity Theft and Tax Returns & FS-2012-8, Taxpayer Guide to Identity Theft.

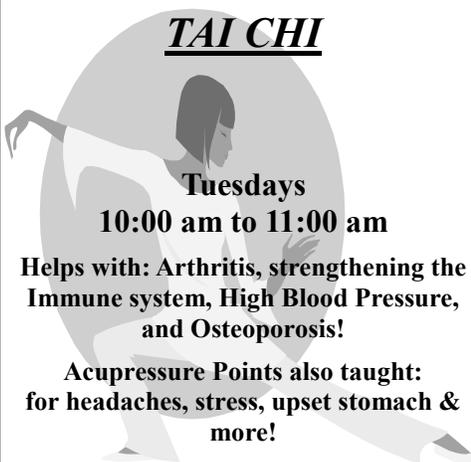
Article Source: emmett.schmarsow@state.ma.us -- MOCA Executive Office of Elder Affairs

# TAI CHI

Tuesdays  
10:00 am to 11:00 am

Helps with: Arthritis, strengthening the  
Immune system, High Blood Pressure,  
and Osteoporosis!

Acupressure Points also taught:  
for headaches, stress, upset stomach &  
more!



# Knitting & Crochet Group



Every Tuesday  
From 12 noon  
to 3:00 pm

Join Us & Have Fun!





# Veteran's Corner



YOU'RE INVITED TO A GREAT AFTERNOON OF SONG, DANCE AND COMEDY TO HELP RAISE FUNDS THAT BENEFIT OUR VETERAN COMMUNITY



**HELPING HAND VETERANS FUND**  
presents

## A TRIBUTE TO OUR ARMED FORCES

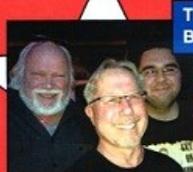
*A Variety Show for the Entire Family*



Your Host WMUL Talk Radio's David Tierney



The stand-up comedy of Bill Campbell



The Wicked Twisted Blues Band



Lowell's own -- singer Eric Lamarche



The Butler Middle School Choir



Original Americana songs of Ramblin' Dan Martin

The Lowell High School ROTC Drill Team & Color Guard

Admission includes free entry in raffle for door prize -- Additional performers not listed here.

**TICKETS ONLY \$15. -- call 978-237-1487**

**2 pm, Saturday, May 17, 2014 -- Armed Forces Day**  
**Masonic Temple Hall**  
79 Dutton Street (use Arcand Drive entrance across from JFK Plaza)  
Lowell, Massachusetts

Helping Hand Veterans Fund will be observing Armed Forces Day with a family-oriented variety show that will raise funds for its on-going veterans' assistance programs. "A Tribute to Our Armed Forces" will take place on Saturday, May 17, 2014 at 2 pm at the Masonic Lodge Hall in Lowell. The program, hosted by WMUL's talk radio celebrity Dave Tierney, will feature veteran stand-up comedian Bill Campbell, the Lowell High School ROTC Drill Team, the Wicked Twisted Blues Band, magician John Anthony and several other musical and dance acts from the local area. Tickets are only \$15 per person (which includes a chance at a door prize provided by Edible Arrangements of Lowell). Anyone interested in attending "A Tribute to Our Armed Forces" or donate to the Helpful Hand Bag Program should call 978-237-1488 or visit [www.hhvf.us](http://www.hhvf.us) for more information.

## Fallon Senior Plan Meeting

Aging into Medicare? Qualify for a special election period? A Fallon Senior Plan representative will be at the Lowell Senior Center to discuss the Fallon Senior Plan options for 2014. Please stop by to learn more about one of your Medicare Options.

Heather will be at the Lowell Senior Center on:

**Monday, May 5 @ 10am**

Heather Bousquet  
Consumer Sales Department  
508-368-9262

## YOGA for VETs

with Diana Kyricos

**May 7, 14, & 21**

**11:00 am—12:00 pm**

**\$5.00**

It is a chair yoga class in which we cover meditation and movements for posture, flexibility, coordination, and strengthening of the whole body.

## BINGO

Every Wednesday

12:00 to 3:00 pm

50¢ per card

6 \$100 games

10 \$40 games

More Prizes





# Household Hazardous Waste Day

Saturday, May 10, 2014

9:00 AM - 1:00 PM

Cawley Stadium, Douglas Road (off Rogers St)

\*NEW\* now includes TEXTILES (clean/dry clothing, bedding, drapery etc)

**From the Garage:**

- Fuels/Gasoline/Kerosene
- Antifreeze
- Motor Oil
- Engine Degreaser
- Brake Fluid/Carburetor Cleaner
- Transmission Fluid
- Car Wax, Polishes
- Driveway Sealer
- Roofing Tar
- Swimming Pool Chemicals
- Oil Based Paints
- Paint Strippers/Thinners
- Stains & Varnishes
- Car Batteries

**From the House:**

- Fluorescent Light Bulbs
- TV's and Computer Monitors
- Rubber Cement / Glue
- Fiberglass Resins
- Photo Chemicals
- Chemistry Sets
- Furniture, Floor Polish
- Oven Cleaner
- Drain & Toilet Cleaner
- Spot Remover
- Rug & Upholstery Cleaner
- Hobby / Art Supplies
- Solvent Adhesives
- Wood Preservatives
- Lighter Fluid

FEE Items [cash only]

- \* Passenger Tires \$10 ea
- \* Console TV \$25
- \* TVs/Monitors <26 inch diagonal \$20
- \* TVs/Monitors >26 inch diagonal \$25

FREE Items

- \* Medical Sharps (in proper containers)
- \* Propane Tanks
- \* Un-used/expired Medication

Bring your mercury fever thermometers to exchange for digital ones...FREE !!

What **NOT** to bring:

- \* Latex Paint
- \* Commercial or Industrial Waste
- \* Infectious & Biological Wastes
- \* Ammunition, Fireworks, Explosives
- \* Asbestos
- \* Smoke Detectors
- \* Radioactive Waste
- \* Fire Extinguishers
- \* Alkaline Batteries

Proof of Lowell residency is required: Driver's license or current utility bill

For More Information:  
 Email: [recycle@lowellma.gov](mailto:recycle@lowellma.gov)  
 Contact: Gunther Wellenstein

[www.LowellRecycle.org](http://www.LowellRecycle.org)  
 978-674-4309  
 Solid Waste / Recycling Coordinator

## Anxiety Support Group

with Steve Coupe

Fridays  
 2:00—3:45 pm



Meryl Streep Tommy Lee Jones Steve Carell



## Hope Springs

Monday, May 12th  
 12:00 noon

Fall in love again

**Lowell Council on Aging Video Lanes**

**Wii Bowling League**  
 Happens every  
 Tues & Fri @ 11:30 in  
 the Lowell Senior Center Board Room

**BE ACTIVE  
 BE EXERCIZING  
 BE ENERGENIC  
 BE FUN  
 GO BOWLING**

JOE & ALBERT WILL SHOW YOU HOW EASY IT IS AND IT'S FREE

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                              | TUESDAY                                                                                                                                                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                 | THURSDAY                                                                                                                                                                                                                                                                                             | FRIDAY                                                                                                                                                                                                                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Lowell Police Department K-9 Dog Unit demonstration on Wednesday, May 28th at 10:00 am!</p>                                                                                                                                                                                                                                                                                                                      | <p>Tufts Medicare Preferred members meeting on Tuesday, May 8th from 2:00-4:00 pm.</p>                                                                                                                                                                                                                                                       | <h1>May</h1>                                                                                                                                                                                                                                                                                                                                                              | <p>1. 7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10:00 AA info meeting<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45-2:45 CTI Bone Builders B</p>                                                                     | <p>2. 7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9:30-11:30 Advanced Computer Classes with Pierre<br/>11:30-3:45 Poker<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00<br/>Dj Nick Diamond &amp; Chicken patty sandwich<br/>NO Anxiety support Group with Steve Coupe</p>                                                        |
| <p>5. 7-9 Breakfast Program<br/>50¢ Suggested donation<br/>8:30-9:30 CTI Bone Builders A<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10:00 Fallon Senior Plan Meeting<br/>10:00 Hawaiian Hula Dance<br/>10-1 SHINE councilor—Call 978-674-1172 for appointment<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Bid Whist Cards<br/>12-4pm MAH-JONGG<br/>1:00 Choral Group Rehearsal<br/>1:45-2:45 CTI Bone Builders B</p> | <p>6. 7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9-11:30 Dominos<br/>10-12 LPD drop-in<br/>10-12 Commonwealth Nursing<br/>10-12 Country Line Dancing \$5<br/>10-11 Tai Chi \$3<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>Noon Cribbage<br/>12-3 Knitting &amp; Crochet<br/>1-3 Picture ID's \$3</p>                   | <p>7. 7-9 Breakfast Program<br/>50¢ Suggested donation<br/>8:30-9:25 Getting Fit w/Marian Silk \$2<br/>8:30-9:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br/>10-11 Yoga for Seniors \$5<br/>11-12 Yoga for Vets \$5<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting Get together</p>                             | <p>8. 7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9:00 Getting Fit w/Marian Silk \$2<br/>9-11 Hearing Aid Maintenance, equipment test &amp; hearing test<br/>10:00 AA info meeting<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45-2:45 CTI Bone Builders B</p> | <p>9. 7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9:00 Veterans Breakfast<br/>9:30 Rheumatoid arthritis seminar<br/>9:30-11:30 Advanced Computer Classes with Pierre<br/>11:30-3:45 Poker<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00<br/>CDs with Franky D &amp; pizza<br/>2-3:45 Anxiety support Group with Steve Coupe</p> |
| <p>12. 7-9 Breakfast Program<br/>50¢ Suggested donation<br/>8:30-9:30 CTI Bone Builders A<br/>9:00 Getting Fit w/Marian Silk \$2<br/>9:00 COA Board Meeting<br/>10:00 Hawaiian Hula Dance<br/>10:30 United Healthcare<br/>10-1 SHINE councilor—Call 978-674-1172 for appointment<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Bid Whist Cards<br/>12-4pm MAH-JONGG<br/>1:00 Choral Group Rehearsal</p>                | <p>13. 7-9 Breakfast Program<br/>50¢ Suggested donation<br/>8-10 LVNA Blood Pressure<br/>8:30 CTI MTG—Mandatory<br/>9-11:30 Dominos<br/>10-12 LPD drop-in<br/>NO Country Line Dancing<br/>10-11 Tai Chi \$3<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>Noon Cribbage<br/>12-3 Knitting &amp; Crochet<br/>1-3—Picture IDs \$3</p> | <p>14. 7-9 Breakfast Program<br/>50¢ Suggested donation<br/>8:30-9:25 Getting Fit w/Marian Silk \$2<br/>8:30-9:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br/>9:30 Card Workshop \$5<br/>10-11 Yoga for Seniors \$5<br/>11-12 Yoga for Vets \$5<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting Get together</p> | <p>15. 7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10:00 AA info meeting<br/>10:00 Elder Law Seminar<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45-2:45 CTI Bone Builders B</p>                                        | <p>16. 7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9:30-11:30 Advanced Computer Classes with Pierre<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>10-3 Dinner Dance: lamb dinner &amp; DJ David Garnick<br/>2-3:45 Anxiety support Group with Steve Coupe</p>                                                                       |

|                                       |                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                              |
|---------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1:45-2:45 C II Bone Builders B</p> | <p>19.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>8:30-9:30 C TI Bone Builders A<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10:00 Hawaiian Hula Dance<br/>10-1 SHINE councilor—Call 978-674-1172 for appointment<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Bid Whist Cards<br/>12-4pm MAH-JONGG<br/>1:00 Choral Group Rehearsal<br/>1:45-2:45 C TI Bone Builders B</p> | <p>20.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9-11:30 Dominoes<br/>10-12 LPD drop-in<br/>10-12:30 LVNA Blood Pressure<br/>10-12 Country Line Dancing \$5<br/>10-11 Tai Chi \$3<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>Noon Cribbage<br/>Noon 5 Wishes Program<br/>12-3 Knitting &amp; Crochet<br/>1-3 Picture IDs \$3</p>                    | <p>21.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>8:30-9:25 Getting Fit w/Marian Silk \$2<br/>8:30-9:30 C TI Bone Builders A<br/>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br/>9:30 Chhaya—card class<br/>10-11 Yoga for Seniors \$5<br/>11-12 Yoga for Vets \$5<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting Get together</p> | <p>22.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10:00 AA Info meeting<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45-2:45 C TI Bone B builders B</p>                                                                                          | <p>23.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9:30 Friends of COA Board Mtg.<br/>9:30-11:30 Advanced Computer Classes with Pierre<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00<br/>Dj Franky D &amp; hot dog<br/>Celebrating 90+ years young<br/>2-3:45 Anxiety support Group with Steve Coupe</p> |
| <p>2-4 Tufts Members mtg</p>          | <p>20.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9-11:30 Dominoes<br/>10-12 LPD drop-in<br/>10-12:30 LVNA Blood Pressure<br/>10-12 Country Line Dancing \$5<br/>10-11 Tai Chi \$3<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>Noon Cribbage<br/>Noon 5 Wishes Program<br/>12-3 Knitting &amp; Crochet<br/>1-3 Picture IDs \$3</p>                           | <p>21.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>8:30-9:25 Getting Fit w/Marian Silk \$2<br/>8:30-9:30 C TI Bone Builders A<br/>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br/>9:30 Chhaya—card class<br/>10-11 Yoga for Seniors \$5<br/>11-12 Yoga for Vets \$5<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting Get together</p> | <p>22.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10:00 AA Info meeting<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45-2:45 C TI Bone B builders B</p>                                                                                                                                       | <p>23.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9:30 Friends of COA Board Mtg.<br/>9:30-11:30 Advanced Computer Classes with Pierre<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00<br/>Dj &amp; pizza<br/>2-3:45 Anxiety support Group with Steve Coupe</p> | <p>24.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9:30 Friends of COA Board Mtg.<br/>9:30-11:30 Advanced Computer Classes with Pierre<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00<br/>Dj &amp; pizza<br/>2-3:45 Anxiety support Group with Steve Coupe</p>                                            |
| <p>2-4 Tufts Members mtg</p>          | <p>20.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9-11:30 Dominoes<br/>10-12 LPD drop-in<br/>10-12:30 LVNA Blood Pressure<br/>10-12 Country Line Dancing \$5<br/>10-11 Tai Chi \$3<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>Noon Cribbage<br/>Noon 5 Wishes Program<br/>12-3 Knitting &amp; Crochet<br/>1-3 Picture IDs \$3</p>                           | <p>21.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>8:30-9:25 Getting Fit w/Marian Silk \$2<br/>8:30-9:30 C TI Bone Builders A<br/>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br/>9:30 Chhaya—card class<br/>10-11 Yoga for Seniors \$5<br/>11-12 Yoga for Vets \$5<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting Get together</p> | <p>22.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10:00 AA Info meeting<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45-2:45 C TI Bone B builders B</p>                                                                                                                                       | <p>23.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9:30 Friends of COA Board Mtg.<br/>9:30-11:30 Advanced Computer Classes with Pierre<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00<br/>Dj &amp; pizza<br/>2-3:45 Anxiety support Group with Steve Coupe</p> | <p>24.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9:30 Friends of COA Board Mtg.<br/>9:30-11:30 Advanced Computer Classes with Pierre<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00<br/>Dj &amp; pizza<br/>2-3:45 Anxiety support Group with Steve Coupe</p>                                            |
| <p>2-4 Tufts Members mtg</p>          | <p>20.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9-11:30 Dominoes<br/>10-12 LPD drop-in<br/>10-12:30 LVNA Blood Pressure<br/>10-12 Country Line Dancing \$5<br/>10-11 Tai Chi \$3<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>Noon Cribbage<br/>Noon 5 Wishes Program<br/>12-3 Knitting &amp; Crochet<br/>1-3 Picture IDs \$3</p>                           | <p>21.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>8:30-9:25 Getting Fit w/Marian Silk \$2<br/>8:30-9:30 C TI Bone Builders A<br/>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br/>9:30 Chhaya—card class<br/>10-11 Yoga for Seniors \$5<br/>11-12 Yoga for Vets \$5<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting Get together</p> | <p>22.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10:00 AA Info meeting<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45-2:45 C TI Bone B builders B</p>                                                                                                                                       | <p>23.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9:30 Friends of COA Board Mtg.<br/>9:30-11:30 Advanced Computer Classes with Pierre<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00<br/>Dj &amp; pizza<br/>2-3:45 Anxiety support Group with Steve Coupe</p> | <p>24.<br/>7-9 Breakfast Program<br/>50¢ Suggested donation<br/>9:30 Friends of COA Board Mtg.<br/>9:30-11:30 Advanced Computer Classes with Pierre<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00<br/>Dj &amp; pizza<br/>2-3:45 Anxiety support Group with Steve Coupe</p>                                            |





# Lunch Menu



**Lunch is served at 11:30 am.** Sugar-Free Jell-O & 1% Milk is available daily. **Menu subject to change.**

Lunch Tickets are available daily until 10:30 a. m. Seniors that arrive later must pay cash and will follow ticket holders.

Funding for our meal program is made possible by: EOEa, Merrimack Valley Nutrition, & City of Lowell

**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

|                                                                    |                                                                         |                                                                          |                                                                           |                                                                          |                                                                                                           |                                                                        |                                                                    |                                                              |                                                                       |
|--------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------------------|
| <h1>MAY</h1>                                                       |                                                                         |                                                                          |                                                                           |                                                                          |                                                                                                           |                                                                        | 1. BBQ beef ribs, mashed potatoes, green beans, wheat bread, pears | 2. Potato crunch Pollock, spinach rice, wheat bread, peaches | 3. Roast Turkey, mashed potatoes, peas, stuffing, wheat rolls, orange |
| 4. Pork chops, potatoes, carrots, sauce, wheat bread, apple        | 5. Chicken cacciatore, rice pilaf, wax beans, rye bread, pudding, juice | 6. Veal parm, green beans, pasta, rye bread, pineapples                  | 7. Stuffed peppers, corn, multigrain bread, peaches,                      | 8. Chicken, ziti, broccoli, Alfredo sauce, garlic stick, pears           | 9. Fish cakes, potatoes, baked beans, wheat bread, orange                                                 | 10. Pork pie, potato, carrots, apple, rye bread                        |                                                                    |                                                              |                                                                       |
| 11. Baked Ham, Sweet potatoes, peas, wheat bread, yogurt           | 12. Mac & Cheese, stewed tomatoes, broccoli, wheat bread, pears         | 13. Low-sodium hot dog & beans, coleslaw, roll, Jell-O, banana           | 14. Stuffed chicken cordon bleu, rice pilaf, carrots, wheat rolls, orange | 15. Salisbury steak, potatoes, wax beans, rye bread, yogurt              | 16. Dinner dance<br> | 17. American Chop Suey, green salad, garlic stick, cranberry juice,    |                                                                    |                                                              |                                                                       |
| 18. Cheese ravioli, green salad, garlic stick, peaches             | 19. Hamburg & onions, mashed potatoes, corn, bun, pears                 | 20. Chicken a la king, rice, wheat bread, pudding, apple juice           | 21. Stuffed cabbage rolls, green beans, rye bread, peaches                | 22. Liver, onions, wax beans, potatoes, rye bread, apricots              | 23. Fish sticks, potatoes, peas, wheat bread, juice, pudding, banana                                      | 24. Chicken legs, mashed potatoes, corn, wheat roll, apple juice, cake |                                                                    |                                                              |                                                                       |
| 25. Roast Pork, mashed potatoes, green beans, rye bread, fruit cup | 26. CLOSED<br>Memorial Day                                              | 27. Chicken dippers, BBQ sauce, rice pilaf, carrots, wheat bread, orange | 28. Shepherd's pie, mixed veggies, mashed potatoes, wheat bread, apple    | 29. Turkey loaf, gravy, mashed potatoes, carrots, wheat bread, tangerine | 30. Florentine fish, mashed potatoes, peas, rye bread, fruit                                              | 31. Chicken breast filet, potatoes, corn, wheat bread, pudding juice   |                                                                    |                                                              |                                                                       |
|                                                                    |                                                                         |                                                                          |                                                                           |                                                                          |                                                                                                           |                                                                        |                                                                    |                                                              |                                                                       |

**Free Transportation to Center**

**Grocery Trips to Market Basket**

Seven days a week pick-up and drop off (Except Holidays) to the Senior Center to do errands in the area and have lunch. You MUST call before 9:00 a.m. the day of your ride. Departure is after lunch (appr.12:30 pm-1:30 pm); except Saturday and Sundays which is at 12:15 pm.

Tuesdays and Thursdays (2-bag limit). Call 978-674-1172 within 48 hours before your requested day. Call Mon. thru Fri. from 9 a.m. - 3p.m. to schedule your ride. Seniors are eligible if you do not have a vehicle and are 60 or older.

## **Health Connector Update Regarding New Rules for Victims of Domestic Violence**

Changes to the rules for qualifying for premium tax credits:

In general, people who are married can only qualify for a premium tax credit if they file a joint tax return with their spouse. However, these rules have recently changed for anyone who is the victim of domestic violence. If you are the victim of domestic violence, filing a tax return separately from a spouse will no longer prevent you from being able get help paying for coverage through premium tax credits.

Because this rule was recently announced, the Health Connector will have a special enrollment period from April 1, 2014, to May 31, 2014, for anyone that this situation applies to. The special enrollment period allows victims of domestic violence to apply for and enroll in health insurance outside of the recently closed open enrollment period.

What you need to know when assisting someone who is a victim of domestic violence:

If you are assisting a victim of domestic violence who did not apply for coverage through the Health Connector during open enrollment:

Go to [MAhealthconnector.org](http://MAhealthconnector.org) and fill out a new application

- ◇ When asked for information about how the applicant plans to file next year's federal income tax return, indicate that they will file as single/unmarried
- ◇ Do not include the spouse on the application and do not include the spouse's income when answering questions about the household income
- ◇ The applicant may also be asked to confirm that they are applying for coverage outside of the open enrollment period because the special enrollment related to domestic violence applies to them

For victims of domestic violence who:

- ◇ Are currently enrolled in a Health Connector Plan without help paying for coverage, or
- ◇ Tried to apply during open enrollment and did not enroll because they did not qualify for a tax credit

Please call Health Connector Customer Service at 1-877 MA ENROLL (1-877-623-6765), TTY: 1-877-623-7773. Applicants will be able to change their tax filing status from their original application and will be able to shop for a new plan with help paying for coverage, if they qualify.

## **MassHealth Dental Program**

If you are enrolled in one of the coverage types below, you may be covered for dental services such as oral exams, x-rays, sealants, fluoride, cleanings, fillings, root canals, dentures, orals surgery & associated anesthesia, and orthodontia. Certain services are limited to members under 21 only some services require prior Authorization review in order to be covered regardless of your age.

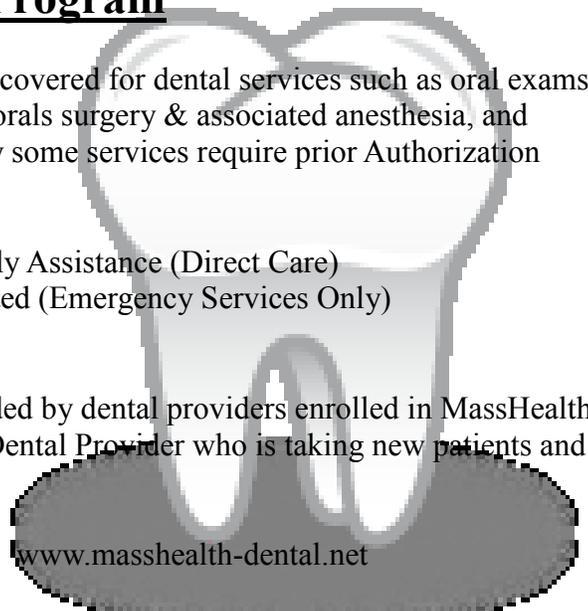
- |                |             |                                     |
|----------------|-------------|-------------------------------------|
| * Standard     | * Essential | * Family Assistance (Direct Care)   |
| * Basic        | * Prenatal  | * Limited (Emergency Services Only) |
| * CommonHealth |             |                                     |

MassHealth will only pay for dental services only if they are provided by dental providers enrolled in MassHealth. Customer service representatives can help you find a MassHealth Dental Provider who is taking new patients and can even schedule an appointment.

8:00 am to 6:00 pm

1-800-207-5019

[www.masshealth-dental.net](http://www.masshealth-dental.net)



# HOLIDAY FUN



## Cranky Old Man

What do you see nurses? . . . What do you see?  
 What are you thinking . . . when you're looking at me?  
 A cranky old man, . . . not very wise,  
 Uncertain of habit . . . with faraway eyes?  
 Who dribbles his food . . . and makes no reply.  
 When you say in a loud voice . . . 'I do wish you'd try!'  
 Who seems not to notice . . . the things that you do.  
 And forever is losing . . . A sock or shoe?  
 Who, resisting or not . . . lets you do as you will,  
 With bathing and feeding . . . The long day to fill?  
 Is that what you're thinking? . . . Is that what you see?  
 Then open your eyes, nurse . . . you're not looking at me.  
 I'll tell you who I am . . . As I sit here so still,  
 As I do at your bidding, . . . as I eat at your will.  
 I'm a small child of Ten . . . with a father and mother,  
 Brothers and sisters . . . who love one another  
 A young boy of Sixteen . . . with wings on his feet  
 Dreaming that soon now . . . a lover he'll meet.  
 A groom soon at Twenty . . . my heart gives a leap.  
 Remembering, the vows . . . that I promised to keep.  
 At Twenty-Five, now . . . I have young of my own.  
 Who need me to guide . . . And a secure happy home.  
 A man of thirty . . . My young now grown fast,  
 Bound to each other . . . With ties that should last.  
 At Forty, my young sons . . . have grown and are gone,  
 But my woman is beside me . . . to see I don't mourn.  
 At Fifty, once more, . . . Babies play 'round my knee,  
 Again, we know children . . . My loved one and me.  
 Dark days are upon me . . . My wife is now dead.  
 I look at the future . . . I shudder with dread.

For my young are all rearing . . . young of their own.  
 And I think of the years . . . And the love that I've known.  
 I'm now an old man . . . and nature is cruel.  
 It's jest to make old age . . . look like a fool.  
 The body, it crumbles . . . grace and vigor, depart.  
 There is now a stone . . . where I once had a heart.  
 But inside this old carcass . . . A young man still dwells,  
 And now and again . . . my battered heart swells  
 I remember the joys . . . I remember the pain.  
 And I'm loving and living . . . life over again.  
 I think of the years, all too few . . . gone too fast.  
 And accept the stark fact . . . that nothing can last.  
 So open your eyes, people . . . open and see  
 a cranky old man.  
 Look closer . . . see . . . ME!!

| ACROSS                |                        | DOWN                  |                         |
|-----------------------|------------------------|-----------------------|-------------------------|
| 1. Huck's friend      | 22. Organ levers       | 39. Long, skinny fish | 1. Spat                 |
| 4. Farce              | 25. Breakfast item     | 40. Make beloved      | 2. Track shape          |
| 8. Manhandle          | 28. Recipe instruction | 42. Inlets            | 3. Talking bird         |
| 12. Climbing plant    | 31. Wool producers     | 44. Mom's brother     | 4. Fire sign            |
| 13. Skirt             | 32. Damage             | 48. Float             | 5. Secreted             |
| 14. Unit of land      | 33. Vinegary           | 50. Steel source      | 6. Also                 |
| 15. Breeze maker      | 34. Chew the ___ (gab) | 53. Place             | 7. Christmas decoration |
| 16. Gambler's concern | 35. Opera star         | 54. Banish            | 8. Spouse               |
| 17. Zest              | 36. This woman         | 55. Air shaft         | 9. Scholastic           |
| 18. Narrow bottle     | 37. Superman, e.g.     | 56. Enjoyed a meal    | 10. Coffee vessel       |
| 20. ___ off (furious) | 38. Received an "A" on | 57. Swimsuit tops     | 11. Knee's locale       |
|                       |                        | 58. Preholiday nights | 19. Zoomed              |
|                       |                        | 59. Join together     | 21. Racetrack feature   |
|                       |                        |                       | 23. Wary of attack      |
|                       |                        |                       | 24. Prize               |
|                       |                        |                       | 26. Bestowed            |
|                       |                        |                       | 27. Alum                |
|                       |                        |                       | 28. Diamond feature     |
|                       |                        |                       | 29. Feel great pity     |
|                       |                        |                       | 30. Polish sausage      |
|                       |                        |                       | 35. Fix socks           |
|                       |                        |                       | 37. Exclamation         |
|                       |                        |                       | 41. Fathers' sisters    |
|                       |                        |                       | 43. Liberal ___         |
|                       |                        |                       | 45. Talon               |
|                       |                        |                       | 46. Behind time         |
|                       |                        |                       | 47. Viewed              |
|                       |                        |                       | 48. Shed tears noisily  |
|                       |                        |                       | 49. "___ Town"          |
|                       |                        |                       | 51. Gun in neutral      |
|                       |                        |                       | 52. Single              |

**Answers on page 16**

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 |    |    |
| 12 |    |    | 13 |    |    |    | 14 |    |    |    |    |    |
| 15 |    |    | 16 |    |    |    | 17 |    |    |    |    |    |
| 18 |    |    | 19 |    |    | 20 | 21 |    |    |    |    |    |
|    |    |    | 22 |    | 23 | 24 |    |    | 25 | 26 | 27 |    |
| 28 | 29 | 30 |    |    | 31 |    |    |    | 32 |    |    |    |
| 33 |    |    |    |    | 34 |    |    |    | 35 |    |    |    |
| 36 |    |    |    |    | 37 |    |    |    | 38 |    |    |    |
| 39 |    |    |    |    | 40 |    |    | 41 |    |    |    |    |
|    |    |    | 42 | 43 |    |    |    | 44 |    | 45 | 46 | 47 |
| 48 | 49 |    |    |    | 50 | 51 | 52 |    | 53 |    |    |    |
| 54 |    |    |    |    | 55 |    |    |    | 56 |    |    |    |
| 57 |    |    |    |    | 58 |    |    |    | 59 |    |    |    |

## City Receives Grant To Help Removal of Lead Paint.

The City of Lowell has received federal funding to assist Lowell home owners with the removal of lead paint. The Merrimack Valley Housing Partnership (MVHP) in Lowell is promoting an effort to continue its mission to create responsible and sustainable home ownership is working in conjunction with the City of Lowell to promote the program and to provide intake for applicants. Maria Lopez is the Project Coordinator on behalf of the MVHP is working with the City to promote the program and to provide intake for applicants.

The program provides 0% interest loans. Owners of single family properties can receive up to \$15,000. Owners of multi-unit properties can receive up to \$12,000 per unit. The program is available to both investors and owner occupants. More information is available on [www.mvhp.org](http://www.mvhp.org) or call 978-459-8490 for more details.



## The Great Race makes Overnight stop in Lowell

Jeff Stumb, Director of The Great Race 2014 Great Race will be making an overnight stop in Lowell, MA on Saturday, June 21, 2014. The Great Race, which began 31 years ago, has logged hundreds of thousands of miles throughout hundreds of thousands of cities in the United States, Canada and Mexico. The City of Lowell is excited to be part of the 2014 route beginning

**GREATER MERRIMACK VALLEY**

# Vintage & Classic Car SHOWCASE

**SATURDAY, JUNE 21, 2014 • 11 AM - 8 PM • DOWNTOWN LOWELL, MA**

**Featured Event**

**Lowell, MA**

The Great Race is a nationally recognized road rally that has been running for 31 years. Every year the course is different. The 2014 course starts in Ogunquit, Maine and ends in The Villages, Florida.

The City of Lowell has the honor of being the first overnight stop in the Great Race.

**Great Race Stats**

- Starting Line: Ogunquit, Maine
- Finish Line: The Villages, Florida
- 10 States in 9 Days
- 2,100 Miles
- 100 Vintage Cars from 1914 - 1959
- Cars include Vintage Race Cars, Vintage Passenger Cars and Hot Rods

**Schedule of Events**

**Classic Car Show** ..... 11 am to 4 pm  
Up to 400 cars will be showcased at the following parking lots:

- Jeanne D'Arc Credit Union... One Tremont Place
- Lowell Five... French Street
- Tsongas Center... 300 Martin Luther King, Jr Way

**Cruisin' Lowell** ..... 1 pm to 4 pm  
20 cars will participate in Cruisin' Lowell on Merrimack Street.

**Children's Area** ..... 11 am to 5 pm  
Enterprise Bank Parking Lot, Middle Street  
Antique jeep, fire trucks and other vehicles will be on display for photo opportunities and to sit in. There will also be face painting, balloon animals, temporary tattoos and much more!

**Vendors' Area** ..... 11 am to 8 pm  
Lucy Larcom Park  
A wide and interesting array of vendors offering everything vintage!

**Featured Event: The Great Race**

**Great Race Arrival** ..... 4:45 pm to 6 pm  
Great Race participants arrive in Downtown Lowell starting at 4:45 pm. Suggested viewing of car parade is Market Street.

**Great Race Cars on Display** ..... 6 pm to 8 pm  
100 Great Race cars will be on display on Middle Street until 8 pm.

*Summer Solstice Weekend Activities*

Lowell Spinners Baseball ... vs. Tri-City Valley Cats on June 20, 21 & 22  
Lowell Summer Music Series ..... Delta Rae performs June 20  
..... Amos Lee performs June 21

*And Much, Much More!*

For details of all Summer Solstice Weekend Activities visit:  
[www.merrimackvalley.org](http://www.merrimackvalley.org)

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Funded by the Massachusetts Office of Travel and Tourism

in Maine and ending in Florida.

Jeff is a veteran of 10 Great Races, former newspaper owner for two decades and avid antique car collector. The Mayor of Lowell, Rodney Elliott will be on hand to greet The Great Race cars and drivers along with the local organizing committee chaired by Deb Belanger, Executive Director of the Greater Merrimack Valley Convention and Visitors Bureau. Come share the excitement and view a sampling of both classic and vintage cars!

The Great Race is not a speed race, but a time/speed/distance rally. The vehicles, each with a driver and navigator, are given precise instructions each day that detail every move down to the second. They are scored at secret check points along the way and are penalized one second for each second either early or late. As in golf, the lowest score wins.

For more information on the Vintage and Classic Car Showcase, featuring the Great Race, visit [www.merrimackvalley.org](http://www.merrimackvalley.org). If you have questions or would like to sponsor the event, please contact Deb Belanger, Greater Merrimack Valley CVB at [dbelanger@merrimackvalley.org](mailto:dbelanger@merrimackvalley.org) or call 978-459-6150, ext. 115.

## POT OF GOLD WINNERS

|      |       |                          |
|------|-------|--------------------------|
| 3/1  | \$50  | KAY WOODS                |
| 3/2  | \$50  | JUDY HEBERT              |
| 3/3  | \$50  | WILLIAM KELLY            |
| 3/4  | \$50  | ROBERT TREMBLY           |
| 3/5  | \$75  | CHARLES WELLS            |
| 3/6  | \$50  | ROBERT GAGNE             |
| 3/7  | \$100 | VIRGINIA FORTIN          |
| 3/8  | \$50  | ELEANOR SULLIVAN         |
| 3/9  | \$50  | LOIS KING                |
| 3/10 | \$50  | JACQUILINE DENISON       |
| 3/11 | \$50  | MARY RYAN                |
| 3/12 | \$75  | EUGENE LECZYNSKI         |
| 3/13 | \$50  | PRESENDAU NOVALES        |
| 3/14 | \$100 | JERRY TEVEPAUGH          |
| 3/15 | \$50  | ROBERT MARKIS            |
| 3/16 | \$50  | MARGARET SHAUGHNESSY     |
| 3/17 | \$200 | PAT CRONIN               |
| 3/18 | \$50  | ALICE RONDEAU            |
| 3/19 | \$75  | JOE WILKIE               |
| 3/20 | \$50  | MARGARET FLINT           |
| 3/21 | \$100 | BARRY BELL               |
| 3/22 | \$50  | ROGER AND HELEN FOURNIER |
| 3/23 | \$50  | JOHN HOPKINS             |
| 3/24 | \$50  | JOSEPH QUATROCCHI        |
| 3/25 | \$50  | ISABELLA GREENE          |
| 3/26 | \$75  | ROSE KELLEY              |
| 3/27 | \$50  | MICHELLE RAMALHO         |
| 3/28 | \$100 | MARION PSOINOS           |
| 3/29 | \$50  | BARRY BELL               |
| 3/30 | \$50  | DONNA STYKOWSKI          |
| 3/31 | \$50  | RITA BERGERON            |



the Senior Center at 978-674-1174 and make an appointment.

## Warning: State Tax Lien Notices NOT issued by Department of Revenue

Caution! Communications are being sent to taxpayers with outstanding tax liens from those who may have criminal intent. Although these notices show amounts from actual tax liens, they are not from the Massachusetts Department of Revenue. Any notice from the MA Department of Revenue would be clearly marked as being issued by the agency and would not suggest a settlement amount, as many of these questionable notices do.

A warning is posted on the DOR website with samples of some of the notices received from taxpayers. If you receive a similar notice, please call DOR at 617-887-MDOR (6367) and learn the facts about what is owed and the options for resolving the situation.

## 10,000 Meals in 60 Days

In celebration of National Food Month, Emeritus at Tewksbury will be helping improve the nutrition of 10,000 seniors across the country. In April and May, Emeritus at Tewksbury will be visiting seniors, many of whom live alone, and bringing them nutritious, home-cooked meals. We'll also provide a friendly face and some good conversation to ensure they are able to get the nutrition they need every day.

According to the American Academy of Family Physicians, nearly one in 10 seniors in America suffers from poor nutrition. This can exacerbate problems already common among seniors, including depression, improper healing, and a depressed immune system. Our goal at Emeritus is to ensure that seniors are living "Safely Somewhere," whether they are being cared for at an Emeritus community, another senior living environment, or at home.

The very cornerstone of a safe and secure environment is ensuring people are getting the proper nutrition they need to lead a fulfilling and productive life.

If you know of a senior who could use a nutritious meal and some good company, please contact Emeritus at Tewksbury at 978-513-0776.

Thank you, The Friends of the Lowell Council on Aging

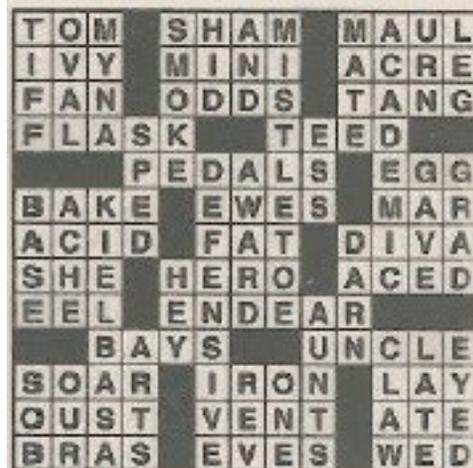
## Medicare Rx Extra Help

If you have Medicare and have limited income and resources, you may be able to apply for Medicare Rx Extra Help to pay for your prescription drug costs under the following conditions: 1. Your income is less than \$17,505 if single and \$23,595 if married, & 2. You have resources less than \$13,440 if single and \$26,860 if married.

Why You Should Apply? If you meet the guidelines, you will have low or no deductible, low or no premiums, no coverage gap (also called the "doughnut hole"), and will pay much less for your prescriptions.

At the same time, you can start the application process for the Medicare Savings Programs that could increase your monthly income by \$104.90. You will also find out if there are other benefit programs that can save you money. Not sure if you should apply? Answer a few questions to find out. Get started by calling John Lawlor at

## **Puzzle page 14**



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Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

This year's theme for Older Americans Month is "Safe Today. Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury, like falls.

While the City of Lowell Senior Center provides services, support, and resources to older adults year-round, Older Americans Month offers an opportunity for us to provide specialized

information and services around the important topic of injury prevention. This information will help older adults take control of their safety and live longer, healthier lives.

Throughout the month, the City of Lowell Senior Center will be conducting activities and providing tips on how to avoid the leading causes of injury. To learn more about Older Americans Month and how you can participate, contact the City of Lowell Senior Center. Contact your local Area Agency on Aging office by visiting [www.eldercare.gov](http://www.eldercare.gov) or calling 1 (800) 677-1116 to find ongoing opportunities to celebrate and support older Americans.