



# HERITAGE

## COA Welcomes Autumn's Arrival!

Once again the tall oak trees have turned to shimmering gold; the flowers droop their weary heads from jack frost's nippy cold.

The gay and glowing bitter sweet in dress of orange is donned. The lonely cattails gently sway near the silent sparkling pond.

The apples hang like ruby jewels hi above our head; the flaming sumac bushes are dashing in crimson red.

The wild geese are heading south in the hazy autumn sky; the Pumpkins in the field below are ready for a spicy pie. The wheat is ready for harvest; the corn is a golden maize.

The brook has ceased its babbling, and the squirrel no longer plays.

Yes, once again the tall oak trees have turned to shimmery gold, and the woodland suddenly comes alive as the days of autumn unfold.

Written by: Ruth H Underhill

I hope all our readers had a memorable and enjoyable summer. The first day of autumn is quickly approaching (Monday, September 22nd). Though there is still plenty of time to enjoy a nice day trip. Are you interested in taking a tour of Boston, MA? Stephen Collins will host an hour and 10 minute tour that includes the historical, Literary and architectural treasures of "Beantown" — Why is it called that anyway? Sites also include USS Constitution, the Public Garden, Beacon Hill, the State House, Longfellow Bridge, Trinity Church, Cambridge, and Copley Square. This private

tour is conducted and narrated by acclaimed actor, teacher and historian Stephen Collins. Discover a city linked to its history on a journey that offers something for everyone in the group. Please see inside newsletter for more information. You can find this on the \$5 trip page. We will also be

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visiting **Hampton Beach and heading to the "Round Rock" for a breakfast buffet**, before we head on down to the Hampton Strip. Perfect time to check out the end of summer sales and enjoy one more fried dough or beach pizza!

The Annual senior outing was a blast! The Lowell COA & the Friends of Lowell COA would like to thank everyone for attending and taking part in the raffles and a fun filled day of dancing, egg tosses, bingo, horseshoes, lawn dice & more.

We would also like to thank: **Northwood and Suzanne** for their kind donation of ice cream.



## September is Prostate Cancer Awareness month.

Come and join us for a presentation by the Cancer Center at Lowell General Hospital on **Wed., September 24th @ 10:15** with Meg Lemire. Prostate Cancer is

the most common type of Cancer found in American men, other than skin cancer. Learn about screening decision guidelines.

## Patriot Day-September 11, 2014-13th Anniversary

Americans will never forget the four coordinated terrorist attacks launched by the Islamic terrorist group al-Qaeda upon the United States in New York, and the Washington D.C., metropolitan area on Tuesday, September 11, 2001. The attacks killed almost 3,000 people. Our countries loss of loved one's was horrific and will never be forgotten. Please join the Lowell Senior Center, City of Lowell Veterans Services & Helping Hand Veterans fund for a remembrance of the victims of the September 11, 2001 terrorists attack on our country. The 13th Anniversary of 911 "Patriot Day" will soon be here. A flag raising dedication/ceremony will be held at 9 am in front of Lowell Senior Center. All are welcomed.

Remember to drive safely, Kids are back in school. Have a Happy and safe, long Labor Day Weekend. Sincerely,  
Michelle Ramalho



**CITY MANAGER**

Kevin J. Murphy  
~~~~~

**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  
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**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  
Monday-Friday 9 am to 12 pm  
~~~~~

**Outreach Volunteer:** John R. Lawlor  
978-674-1174 ~ Jlawlor@lowellma.gov  
Monday-Friday 10 am to 4:00 pm  
~~~~~

**S H I N E (Serving Health Insurance Needs for Elders)**

Joan Gong 978-674-1172

Monday appointments ONLY 10 am to 1 pm  
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**Legal Services Assistance & Referrals**

For an appointment call  
Tara at 978-674-1172 or 978-458-1465  
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**Pollard Library 978-674-8634**

**COA Library Annex 978-970-4186**  
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**Lowell Senior Center Hours of Operation:**

Monday—Friday: Open 6:00 am to 4:00 pm

Lunch served at 11:30 am

Saturday—Sunday: Open 7:00 am until 12 noon

Breakfast and Lunch ONLY

**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*  
~~~~~

**Next meeting:**

**September 8th at 9:00am**

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

**BOARD OF DIRECTORS**

**PRESIDENT**

Dr. Joseph M. Downes Jr.

**VICE PRESIDENT**

Rita M. Mercier

**TREASURER**

Jacqueline Denison

**SECRETARY**

Claire Brodeur

**DIRECTORS**

Joseph Dussault

Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin  
~~~~~

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 Thibeault

Treasurer — Claire Brodeur

# LCOA Trips

The Motor Coach trips from Ayotte Garage are available for all ages 18-101! \$25 deposit. \*\*\*\* Overnight trip  
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.

**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. Complete meal of baked scrod or breast of chicken. Listen to some of our country favorite songs as well as some new songs sure to win over our country ears! Bus leaves from LCOA.— Cost \$63.

**October 10, Friday ... Scenic Railroad & Hart's Turkey Farm**, complete Turkey dinner on dinner train. Departs at 8:00 am from LCOA. Cost \$55.

**October 21, Tuesday ... Comedy Singer Joey Vincent at Lantana's Function Facility** in Randolph, MA. Joey Vincent has been entertaining audiences throughout the US & Canada for over 30 years, including Carnegie Hall, The Philadelphia Academy of Music & Toronto Symphony Hall, as well as an appearance on America's Got Talent. A fast-paced blend of musical impressions, stand up comedy, singing, dancing, and trumpet virtuosity, this unique show is one you shouldn't miss! From James Brown to the Jersey Boys, Stevie Wonder to Willie Nelson, Louie Prima to Luciano Pavarotti, Joey Vincent gives you an exciting, funny & CLEAN show that is sure to please! Includes: transportation, driver's gratuity, lunch, & show. Meal: Minestrone soup, rolls with butter, holiday roast turkey dinner with gravy, cranberry sauce, potato, stuffing and vegetable, also dessert with coffee/tea. Bus leaves from LCOA.— Cost:\$63 .

**October 22, Wednesday ... Cabaret Lulu at Old Sturbridge Village** Presents "Say It With Music" from the great shows of Broadway to down home blues & the sound of jazz, rock & roll, America sings & swings! Lunch & Show at the theater. Seasonal soup & turkey dinner or grilled salmon with potato & seasonal veggies; baked Indian pudding. Cost

**November 6, Thursday ... Andrews Sisters Tribute: "Letters from Home" at White's of Westport, RI.** 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. Leave from LCOA @ 9am. Departs for home at 3:30 pm. Cost \$65.

**November 10, Monday ... Twin Rivers Casino.** \$10 coin bonus. \$7 food voucher. Includes transportation: Cost \$30.

**November 13, Thursday ... "The Letterman" at Mohegan Sun.** Music & more! \$30 casino gaming package, \$20 free slot play or free bet & \$10 meal voucher. Includes transportation, driver's tip, show and ticket. Cost \$81.

**December 2, Tuesday ... at White's of Westport, RI ...A 50's & 60's Holiday variety Show** Featuring Don Who & A Tribute to Brenda Lee with Cil Bee. Celebrate the holidays with this variety show that will make you laugh & cry and want to see it over and over again. Songs include: Let It Snow, Jingle Bell Rock, Grandma Got Run Over by a Reindeer, Elvis' Blue Christmas, Rockin' Around the Christmas Tree, and many more from the 50's & 60's era! Bus leaves from LCOA at 9:15 am, doors open at 11:30 am, meal choice of chicken or scrod, show begins at 1:45 pm, depart for home at 3 pm. Cost \$50.

**December 4, Thursday ... Newport, RI 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. Bus leaves from LCOA. Cost \$55.00

**\*\*\*\*December 3-5, Wednesday—Friday. A beautiful 3-day Early Christmas at The NH spectacular White Mountain Hotel & Resort.** Package includes: Yuletide Welcome Reception, 2 nights deluxe accommodations, 5 great meals ordered off the menu served in Ledges dining room (2 breakfasts, 1 luncheon, 2 dinners), 3 different holiday entertainment shows in our Echo Ballroom, trip to the Rocks Estate in Bethlehem, shopping at tax free stores & specialty shops. A visit from Santa Claus and a Christmas gift! Taxes, gratuities, use of all hotel amenities including year round heated pool & Jacuzzi, health facilities, and game room also included. Check in at 3 pm, check out at 11 am. Cost \$405 dbl, \$505 sgl, \$385 trp.

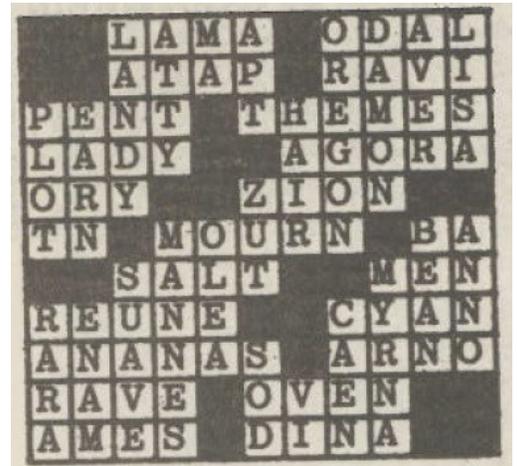
## Card Making Class



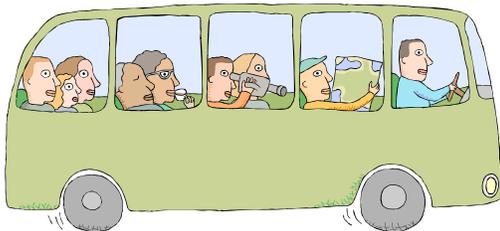
Wednesday,  
September 17

9:30 am

Every 3rd Wednesday of the month



**Puzzle page 14**



## 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.

### September tickets on sale August 29th

- 4th ... Thursday ... Bus Tour of Boston (\$15-total) finish at Salvatore's New Seaport District for lunch on your own
- 5th ... Friday ... Quincy Market
- 11th ... Thursday ... Rockport
- 15th ... Monday ... Plymouth Rock
- 23rd ... Tuesday ... Merrimack Outlets
- 25th ... Thursday ... Deerfield Fair (Senior Day \$7)
- 26th.....Friday..... Round Rock Restaurant/Breakfast Buffet or menu & Hampton Beach strip visit
- 29th. ... Monday ... Grassfield's Restaurant

### October tickets on sale October 1st

- 3rd ....Friday .....Quincy Market, Boston
- 6th ... Monday ....Topsfield Fair (Senior Day \$8)
- 9th ... Thursday...Grassfield's Restaurant & Shopping
- 14th...Tuesday ... Kimball's Farm, Westford, MA
- 16th...Thursday....Café Luigi's & shopping, Bedford
- 20th...Monday ... Longhorn & Pheasant lane Mall
- 23rd...Thursday....Manchester, NH Mall
- 28th... Tuesday ....Weathervane & Christmas Tree shop, Saugus
- 30th...Thursday ...Salem, MA—Halloween

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.

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.



Anne Regan, 50/50 girl-  
Lorraine Mellen & volunteer Claire  
Brodeur “volunteering as usual” at  
the Friday social.



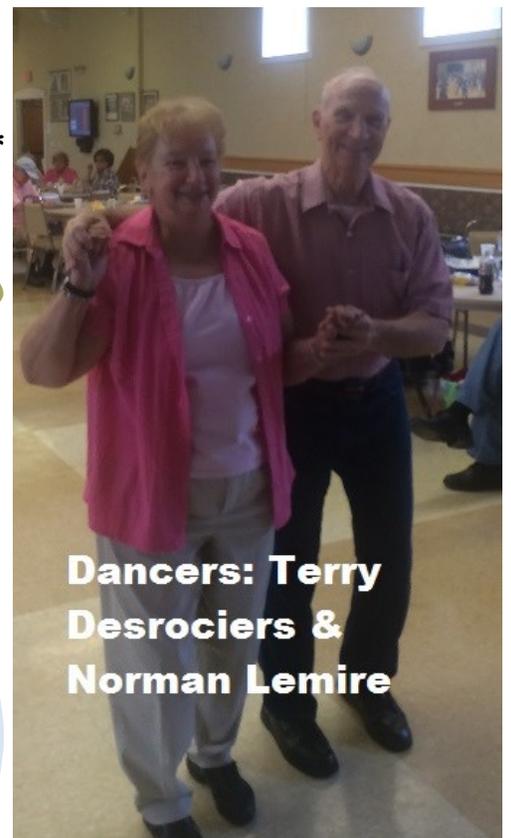
**Joseph provost  
waiting in line  
to pay for his  
Bingo cards at  
the annual  
outing .**



Nancy Ketan stands proud  
near the American Flag while  
sporting her prize — An American  
Eagle hat.



**Dancers  
Sabine B. &  
Frank Desrisseaux**



**Dancers: Terry  
Desrociers &  
Norman Lemire**

## Doctor's, Nurse's & MORE

Blood Pressure & weight check:

**Circle Home, Inc. (LVNA)**

2nd Tuesday ... 8:00—10:00 am

3rd Tuesday ... 10:00 am—12:30 pm

**Albert Gauthier RN**

Wednesdays ... 9:30—11:30 am

**Commonwealth Nursing**

1st & 4th Tuesdays ... 10:00 am—  
12:00 pm

**Dr. Gregory McNamara—Killer**

**Feet**—1st Friday of every month

ONLY IF 5 or more people sign-up  
before the 1st Friday of that month.

1st come 1st served. 8-10 am

**Dr. George Potamitis from Pro-**

**Rehab**—Question and Answer

sessions every Wednesday from  
10:00—11:00 am

**Affordable Hearing with**

**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, please  
call 1-978-758-5378.



with Marian Silk

Mondays and Thursdays:

9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

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

## Seniors Dealing with Depression

Anyone can suffer from depression and thoughts of suicide. We especially learned this with the recent passing of beloved actor/comedian Robin Williams. It is important for seniors to stay active and involved in their community in order to maintain a happy and healthy lifestyle. Here are some ways to avoid depression: Exercise: going for walks, dancing, exercise class, Listen to music, spend time with family and friends, Volunteer work/ Join a club or organization, Maintain a healthy diet, Learn a new skill, Read or write of your experiences in life, Take care of a pet — Just stay busy and participate in activities you enjoy!

Are you feeling sad or alone? Do you feel worthless or have lost enjoyment in hobbies that typically interest you? If so, you may be one of the 20% of senior citizens over the age of 55 suffering with depression. Each year more and more seniors are being diagnosed with depression. How can this trend be ended? The answer is simple: by informing seniors of the signs and symptoms of depression, as well as where they can get help.

Signs & Symptoms: Sadness, Fatigue, Abandoning or losing interest in hobbies or pleasurable pastimes, Social withdraw and Isolation (reluctance to be with friends, engage in activities, or leave home), Weight loss or loss of appetite, Difficulty falling asleep or staying asleep, Loss of self-worth or Self-loathing, Increased use of alcohol or drugs, Fixation on death or Suicidal thoughts or attempts.

Contacts: Peer Support Groups, Hospital Outpatient Clinic, Local Psychiatrists, and Mental health Specialists as well as the Samaritans. They are trained volunteers who offer free, confidential, emotional support to individuals who are suicidal, depressed, or in despair. The primary focus is care for those in immediate danger of taking their own lives. Support is available 24 hours a day, 7 days a week. Samaritans of Merrimack Valley 1-877-870-4673 or 978-327-6607.

## Getting Fit & Staying Fit

## YOGA

with Diana Kyricos

Mondays & Wednesdays 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

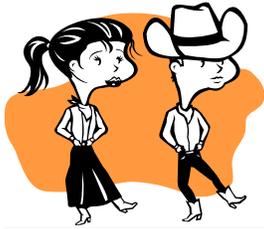


Mondays

12:00—4:00 pm

### Country Line Dancing

with Marcella Groulx



Tuesdays  
10:00 am—  
12:00 pm

\$5.00

### Dominoes

with Charlotte  
Landry



Tuesdays  
9:00—11:00 am

### Hawaiian Hula Dance Lessons

with Kim Stevens



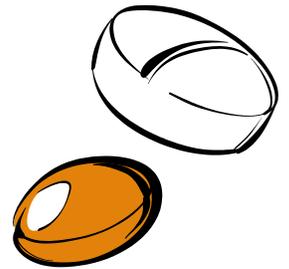
Mondays  
10:00 am

Good for joints  
And FUN!

## Important RECALL Information

American Health Packaging (Columbus, OH) has voluntarily recalled Lot #142588, Expiration Date, 01/2016 of Ibuprofen Tablets, USP, 600 mg, in a hospital unit dose presentation that may contain individual blistered doses labeled as Oxcarbazepine Tablets, 300 mg, lot #142544. In addition, American Health Packaging (AHP) has voluntarily recalled Oxcarbazepine Tablets, 300 mg, lot #142544, Expiration Date, 02/2016. This voluntary recall is the result of mislabeled inner unit dose blister packaging which could result in patients receiving ibuprofen and missing their scheduled dose of oxcarbazepine.

Ibuprofen 600 mg tablets are indicated for the relief of mild to moderate pain; for relief of the signs and symptoms of rheumatoid arthritis and osteoarthritis; and treatment of primary dysmenorrhea. Inadvertent consumption of ibuprofen may cause adverse reactions in a number of patients in which use of ibuprofen is contraindicated.



Oxcarbazepine is used for treating certain types of seizures in patients with epilepsy. Failure to receive the proper dose of oxcarbazepine could increase the chances of having a seizure. Affected products as follows:

Cartons of 100 count (10x10) Hospital Unit Dose blisters of AHP Ibuprofen Tablets, USP, 600 mg, with outer carton NDC#: 68084-703-01 and individual dose NDC#: 68084-703-11, Lot #142588, Expiration Date, 01/2016. The drug product can be identified by physical description: white, oval-shaped, film-coated tablets, with "IP 465" printed on one side.

For medical information questions or product complaints related to Oxcarbazepine Tablets, 300 mg or Ibuprofen Tablets, USP, 600 mg please contact American Health Packaging customer service at 1-800-707-4621 from 8am to 4pm EST.

### Quilting Lessons



Newcomers' welcome!

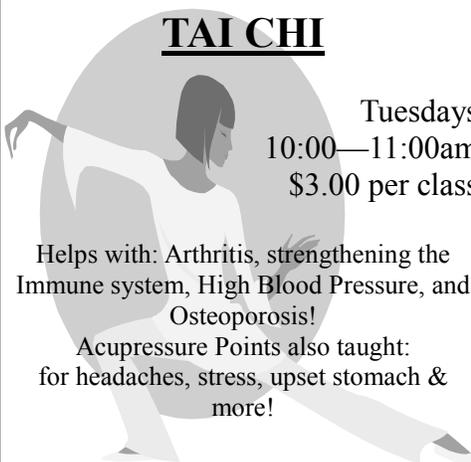
Wednesdays  
12:30—3:00 pm



### TAI CHI

Tuesdays  
10:00—11:00am  
\$3.00 per class

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



Tuesdays  
12:00—3:00 pm

Newcomers' welcome!





# Lowell Veterans' Services

## Attention Lowell Veterans:

FOR MORE INFORMATION REGARDING THIS BENEFIT AND MANY OTHERS, PLEASE CONTACT:

*Eric Lamarche*

Veterans' Services Officer  
City of Lowell  
Senior Center  
276 Broadway Street

Lowell, MA 01854

Phone: 978-970-4068

- Are you relying solely on social security benefits as income?
- Are you currently experiencing financial difficulty?
- Did you know that there are financial programs to assist Veterans and family members?
- Let the Lowell Veterans' Services Department help!

## Chapter 115 Public Assistance

Under Chapter 115 of Massachusetts General laws (M.G.L. c. 115), the Commonwealth provides a uniform program of financial and medical assistance for indigent veterans and their dependents.

Qualifying veterans, Widows of Veterans and their dependents receive necessary financial assistance for food, shelter, clothing, housing supplies, and medical care.

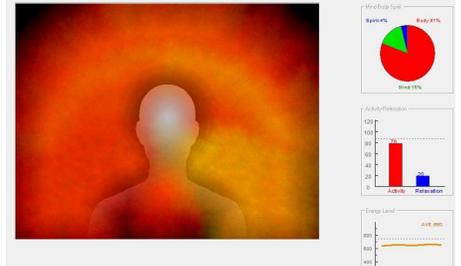


## Winners in the Annual Outing Raffle held at Holy Ghost Park were:

Mary Lowney, Laptop computer. Provided by Friends of LCOA  
 Jerry Tevepugh, Quilt. Provided by LCOA Quilting Group  
 Walter Bayliss, Basket of Coffee Donated by Rita Mercier  
 Karan Hansen, Quilt. Provided by LCOA Quilting Group  
 The Friends of The Lowell Council On Aging would wish to Thank Everybody that participated in this Raffle. It was a huge success

## BRAIN YOGA

Come join us and see a picture of your energy!



Stretch and relax your brain with fun games and activities!

Tuesdays at 11:00 am

Begins SEPTEMBER 2nd

## YOGA for VETs

with Diana Kyricos

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.

## **B - I - N - G - O**

Every Wednesday

12:00—3:00 pm

50¢ per card

6 \$100 games

10 \$40 games

Prize amounts vary due to attendance.

PLUS additional prizes!



## Merrimack River Valley House

Merrimack River Valley House provides a welcoming home for women 62 years of age and older. Phone 978-452-1181 for more information or to schedule a tour.

Included in monthly residency fee:

- \* Private room with availability of 24 hours a day, 7 days a week awake staff
- \* Three home cooked meals a day ~ Snacks and beverages
- \* Medication management and administration
- \* Full-time Nurse on site // House Medical Director
- \* Personal care assistance as needed
- \* Laundry and Housekeeping Services
- \* Cable TV access provided
- \* On-site podiatrist and hairdressing services
- \* Personal safety alert system
- \* Social, cultural, wellness and recreational programs

Private pay rates starting at \$3,453 a month. Financial assistance programs available for women of low to moderate income. Licensed by the Department of Public Health, Commonwealth of MA. Level IV – Residential Care Home

We welcome the opportunity to talk with you!

Paula McCarron, Executive Director—[pmccarron.mrvh@comcast.net](mailto:pmccarron.mrvh@comcast.net)

## Anxiety Support Group

with Steve Coupe

Fridays  
2:00—3:45 pm



## Fallon Senior Plan Meeting

Monday, September 8 @ 10am

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.

## *Save The Date!*

*Elder Services' and Tewksbury Housing invites you to*

## **Open House for The Villa at MeadowView**

*A Supportive Senior Housing Development*

**Wednesday, September 17, 2014**

10:30 am ~ 12:00 pm

The Villa at MeadowView, 100 Corinne Way, Tewksbury, MA

For more information contact Maureen Drouin at  
978-946-1368 • [mdrouin@esmv.org](mailto:mdrouin@esmv.org)



| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                                                                                                                                         | WEDNESDAY                                                                                                                                                                                                                                                                                                                                         | THURSDAY                                                                                                                                                                                                                                                                                                 | FRIDAY                                                                                                                                                                                                                                                                                                                                                               |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. Closed—Labor Day</p>                                                                                                                                                                                                                                                                                                    | <p>2. 7-9 Breakfast Program with a suggested 50¢ donation<br/>9-11:30 Dominoes<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>3. 7-9 Breakfast Program with a suggested 50¢ 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>4. 7-9 Breakfast Program with a suggested 50¢ 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 B builders B</p>                                                                    | <p>5. 7-9 Breakfast Program with a suggested 50¢ donation<br/>8:00 Foot Doctor McNamara<br/>9:30 Personal Computer/Tablet Assistance 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/>2-3:45 Anxiety Support Group with Steve Coupe</p>                                                         |
| <p>8. 7-9 Breakfast Program with a suggested 50¢ 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 Fallon Senior Plan Meeting<br/>10-11 Yoga for Seniors \$5<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>9. 7-9 Breakfast Program with a suggested 50¢ donation<br/>8-10 LVNA Blood Pressure<br/>8:30 CTI MTG—Mandatory<br/>9-11:30 Dominoes<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>10. 7-9 Breakfast Program with a suggested 50¢ 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>11. Patriot Day<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>9:00 Getting Fit w/Marian Silk \$2<br/>9:00 Flag Dedication Ceremony<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 B builders B</p>                 | <p>12. 7-9 Breakfast Program with a suggested 50¢ donation<br/>9:00 Veterans Breakfast<br/>9:30 Audiology presentation, hearing Loss &amp; Aids<br/>9:30 Personal Computer/Tablet Assistance 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/>2-3:45 Anxiety Support Group with Steve Coupe</p> |
| <p>15. 7-9 Breakfast Program with a suggested 50¢ donation<br/>8:30-9:30 CTI Bone Builders A<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10-11 Yoga for Seniors \$5<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>16. 7-9 Breakfast Program with a suggested 50¢ donation<br/>9-11:30 Dominoes<br/>9:00 Eastern Bank—Fraud Info<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/>12-3 Knitting &amp; Crochet</p>       | <p>17. 7-9 Breakfast Program with a suggested 50¢ 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</p>          | <p>18. 7-9 Breakfast Program with a suggested 50¢ 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>19. 7-9 Breakfast Program with a suggested 50¢ donation<br/>9:30 Personal Computer/Tablet Assistance with Pierre<br/>10-3 Fall Dinner Dance \$7—Surf n Turf Dinner &amp; DJ Ray Tremblay<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>2-3:45 Anxiety Support Group with Steve Coupe</p>                                            |

|                                                      |                                                                                                                                                                                                                                                                                                                                                                                          |
|------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1-3 Bingo<br/>1:30-3:30 Quilting Get together</p> | <p>26.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>9:30 Personal Computer/Tablet Assistance 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, DJ<br/>2-3:45 Anxiety Support Group with Steve Coupe</p>                                                                                                   |
| <p>1-3 Bingo<br/>1:30-3:30 Quilting Get together</p> | <p>25.<br/>7-9 Breakfast Program with a suggested 50¢ 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>1-3 Bingo<br/>1:30-3:30 Quilting Get together</p> | <p>24.<br/>7-9 Breakfast Program with a suggested 50¢ 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/>10:15 LGH Prostate Cancer Info<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>1-3 Knitting &amp; Crochet<br/>1-3 Picture IDs \$3</p> | <p>23.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>9-11:30 Dominoes<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/>12-3 Brown Bag Pick Up ONLY<br/>Noon Cribbage<br/>12-3 Knitting &amp; Crochet<br/>1-3 Picture IDs \$3</p> |
| <p>1-3 Knitting &amp; Crochet<br/>1-3 Picture IDs \$3</p> | <p>30.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>9-11:30 Dominoes<br/>10-12 LPD drop-in<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 IDs \$3</p>                                                                |

|                                                           |                                                                                                                                                                                                                                                                                                                                                                                         |
|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1-3 Knitting &amp; Crochet<br/>1-3 Picture IDs \$3</p> | <p>29.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>8:30-9:30 CTI Bone Builders A<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10-11 Yoga for Seniors \$5<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>1-3 Knitting &amp; Crochet<br/>1-3 Picture IDs \$3</p> | <p>30.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>9-11:30 Dominoes<br/>10-12 LPD drop-in<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 IDs \$3</p>                                                                                     |

# September





# 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                                                                  |
|------------------------------------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
|                                                                        | 1. Labor Day<br><br>CLOSED                                                   | 2. Chicken a la King, rice, carrot, wheat bread, juice, pudding         | 3. Salisbury steak, potato, green beans, gravy, pears, rye bread | 4. BBQ beef rib, potato, corn, peaches, wheat bread          | 5. Baked scrod, mashed potatoes, wax beans, oranges, wheat bread                             | 6. Pork pie, potatoes, carrots, apples, rye bread                         |
| 7. Chicken leg, mashed potatoes, peas, rye bread, apricots             | 8. Swedish meatballs, pasta, green beans, orange juice, wheat bread, pudding | 9. Chicken pattie, rice pilaf, gravy peas, wheat bread, peaches         | 10. Stuffed cabbage, corn, wheat bread, apricots                 | 11. Hot dog, & beans, coleslaw, juice, rolls, pineapples     | 12. Tuna salad, pasta salad, 3 bean salad, pita bread, mixed fruit                           | 13. Roast turkey, gravy, peas, potatoes, stuffing, pears rye bread        |
| 14. Hamburg & onions, mashed potatoes, wax beans, rolls, peaches       | 15. Mac & cheese, stewed tomatoes, broccoli, oranges, wheat bread            | 16. Chicken salad, pasta salad, 3 bean salad, pita bread, mixed fruit   | 17. Baked ham, potatoes, peas, wheat bread, juice, pudding       | 18. Chicken cacciatore, rice, wax beans, rye bread, pears    | 19. Dinner Dance: Surf n Turf shrimp & steak, tips, rice pilaf & California Blend vegetables | 20. Chicken leg, mashed potatoes, carrots, rye bread, mixed fruit         |
| 21. Meatloaf, gravy, potatoes, peas, rye bread, cookie, juice          | 22. Stuffed shells, potatoes, carrots, wheat bread, peaches                  | 23. Chicken dippers, rice pilaf, green beans, wheat bread, apricots     | 24. Shepherd's pie, beets, wheat bread, fruit salad              | 25. Veal parm, potatoes, wax beans, rye bread, juice, yogurt | 26. Fish cake. potatoes, mixed veggies, wheat bread, pears                                   | 27. Chicken breast filet, mashed potatoes, carrots, rye bread, pineapples |
| 28. Cheese ravioli, sauce, broccoli ,potatoes, garlic bread, fruit cup | 29. Pork chop, creole sauce, potatoes, mixed fruit, wheat bread              | 30. Chicken croquette, rice pilaf, carrots, wheat bread, pudding, juice | <h1>September</h1>                                               |                                                              |                                                                                              |                                                                           |
|                                                                        |                                                                              |                                                                         |                                                                  |                                                              |                                                                                              |                                                                           |

**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.

## Speak up, Save money!

My mother always told me that in order to get what you want in life, you have to ask for it. When it comes to saving money, asking for senior discounts can pay off in a big way. We've all seen senior discounts advertised at places like movie theaters and National Parks. (The America the Beautiful senior pass, for example, offers folks 62 and older a *lifetime pass* to more than 2,000 national parks and recreation sites for a one-time payment of just \$10.) But did you know there are hundreds of restaurants, retailers, grocery stores and airlines that offer discounts every day? You may not know about them because many companies don't advertise this fact.

For instance, restaurants like Denny's, Applebee's and IHOP offer senior discounts? Almost all major airlines and rent-a-car companies offer discounts. Some companies – like Hallmark, Albertson's and Hy-Vee – offer their discounts only on certain days of the week. Even your pets can benefit: some pet stores offer senior discounts every day and added discounts on "senior days." In some cases, being a senior gets you more than a discount – it gets you FREE. Take the expensive sport of skiing. Many resorts have long offered great discounts to seniors. At many, seniors 80 or over ski for free. Joining the *70+ Ski Club* for \$15 a year will help you find the slopes in the U.S. and Canada that offer free and discounted skiing to those 70 and over.



Senior discounts are not all about shopping and sports. Your mind can benefit as well. Many public universities across the country waive tuition for seniors on a space-available basis. At the University of Washington, for example, seniors can audit two courses a quarter for a \$5 fee. Now, you're not allowed to take tests or turn in homework – but that's not something that would break *my* heart! What age, these days, qualifies us as seniors? We tend to think it's 65, but in fact, many senior discounts are available to youngsters who have turned 50. Most of these are available through AARP, which only costs \$16 a year. If you are 50 or older, you can get a variety of AARP discounts – ranging from \$1 cups of coffee and Denny's to 25 percent off at rental cars.

Many discounts have more to do with timing than with age. If retired – and flexible – you can get last-minute discounts on hotels, vacation packages, and – my personal favorite: cruises. But here's the catch on all of these: You have to ask! You have to investigate! Go online for info. Ask at the counter or over the phone. You may feel shy about asking for a little break on the cost of a hamburger or airline ticket, but if you're like me, saving potentially hundreds of dollars each year is worth speaking up! Of course, I've never really had any problem in the speaking up department. I think I deserve a little extra savings and so do you! Because we're worth it! So, speak up and enjoy your savings.

<http://www.theseniorcareblog.com>

### Tufts Medicare Preferred Information Table

Friday, October 10th,  
9:00 am—12:00 pm  
Tuesday, November 4th,  
10:00 am—12:00 pm

Are you a current member looking to check on your benefits? OR are you looking for new plan choices?

Ask Gerald!

### Personal Computer/ Tablet Assistance with Pierre

Fridays 9:30—11:30 am

Virus Clean-up on the last Friday of the Month



### 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\*

# PUZZLES & MORE...

## Meatloaf Recipe



From the Cue Ball Corner by Henry  
 “shoot them straight“ Cluff

Just what you need to play better  
 pool . . . A special meatloaf recipe —

Cook everything in oil or butter first.

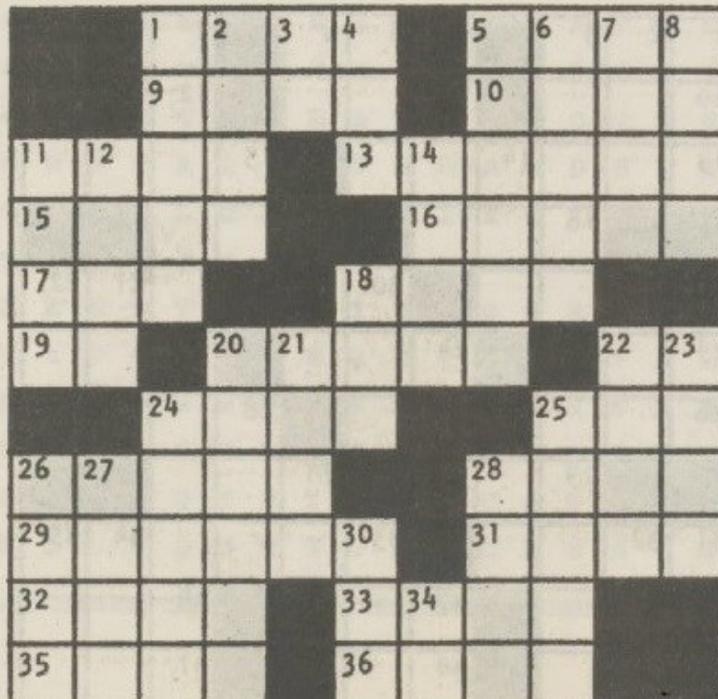
- 2-lb Hamburg
- 1-lb Pork ground veal or sausage optional
- 4-eggs slightly beaten
- One can of your favorite beans
- 2-chopped onions
- Zucchini chopped –optional
- 4-chopped celery sticks
- 2-cups oatmeal
- ¼-Teaspoon Mrs. Dash
- 4-chopped garlic cloves
- ½-teaspoon salt/pepper
- Add Dash accent
- A good splash of ketchup

Bake at 360 degrees for 40  
 minutes in 2 loaf pans.  
 Pour 1 can of Tomato soup on top of  
 each meatloaf.  
 Bake another 35 – 40 minutes.

Enjoy!

- ACROSS**
- 1 Mongolian monk
  - 5 East Indies vine
  - 9 Nipa palm
  - 10 Shankar
  - 11 Confined
  - 13 Topics
  - 15 Knight’s wife
  - 16 Unit of currency in Israel
  - 17 “Muskrat Ramble” man
  - 18 Israel
  - 19 Volunteer State: Abbr.
  - 20 Grieve
  - 22 Undergraduate degree
  - 24 Great — Lake
  - 25 Chess pieces
  - 26 Meet again
  - 28 Greenish blue
  - 29 Pineapple: Fr.
  - 31 River through Firenze
  - 32 Great review
  - 33 Kiln
  - 35 Aldrich, Florenz, or Ed
  - 36 Merrill

- DOWN**
- 1 Early four-minute miler
  - 2 Lawyer: Abbr.
  - 3 Graduate degree
  - 4 Likely
  - 5 — myrtle (California laurel)
  - 6 Runyon
  - 7 Allege
  - 8 — Marie Presley Jackson
  - 11 Cemetery section
  - 12 Warrant
  - 14 Early rock musical
  - 18 Darn!: Fr.
  - 20 Gotham music school
  - 21 Genus of true olives
  - 22 L.L., Alan, Orson, or Sean
  - 23 In the year: Lat.
  - 24 Sophisticated
  - 25 Loy
  - 26 Avis variety
  - 27 Hindu land gift
  - 28 Where William the Conqueror is buried
  - 30 Turf
  - 34 XXX+V



## Polling Locations

On Thursday, July 24, 2014 the City of Lowell Election Commission voted to relocate eleven of the City's twenty polling locations. These changes will ensure that polling locations are handicap accessible and compliant with state regulations. The City of Lowell Election Commission collaborated with the City of Lowell Disability Commission, neighborhood leaders and community organizations to provide the best possible polling locations for the voters of Lowell. The Election Commission will continue to make improvements to polling locations to guarantee student safety, equal accessibility and increased voter participation.

| Ward | Precinct | Location                                             | Address               |
|------|----------|------------------------------------------------------|-----------------------|
| 1    | 1        | Father Norton Manor, Lowell Housing Authority        | 137 High Street       |
| 1    | 2        | Reilly School                                        | 115 Douglas Road      |
| 1    | 3        | Reilly School                                        | 115 Douglas Road      |
| 2    | 1        | Pollard Memorial Library                             | 401 Merrimack Street  |
| 2    | 2        | Lowell Telecommunications Corporation (LTC)          | 246 Market Street     |
| 2    | 3        | Lowell Telecommunications Corporation (LTC)          | 246 Market Street     |
| 3    | 1        | Bailey School                                        | 175 Campbell Drive    |
| 3    | 2        | Bailey School                                        | 175 Campbell Drive    |
| 3    | 3        | Morey School                                         | 114 Pine Street       |
| 4    | 1        | Morey School                                         | 114 Pine Street       |
| 4    | 2        | Flanagan Development, Lowell Housing Authority       | 580 Chelmsford Street |
| 4    | 3        | Rogers School                                        | 43 Highland Street    |
| 5    | 1        | McAvinne School                                      | 117 Mammoth Road      |
| 5    | 2        | Fr. Morrissette Manor, Lowell Housing Authority      | 111 Hildreth Street   |
| 5    | 3        | Greenhalge School                                    | 149 Ennell Street     |
| 6    | 1        | McAvinne School                                      | 117 Mammoth Road      |
| 6    | 2        | Bruyere Gardens at D'Youville                        | 975 Varnum Avenue     |
| 6    | 3        | Bruyere Gardens at D'Youville                        | 975 Varnum Avenue     |
| 7    | 1        | Senior Center                                        | 276 Broadway Street   |
| 7    | 2        | Senior Center                                        | 276 Broadway Street   |
| 7    | 3        | Senior Center                                        | 276 Broadway Street   |
| 8    | 1        | City of Lowell Health Department                     | 341 Pine Street       |
| 8    | 2        | James Daley School                                   | 150 Fleming Street    |
| 8    | 3        | James Daley School                                   | 150 Fleming Street    |
| 9    | 1        | Fr. Morrissette Manor, Lowell Housing Authority      | 111 Hildreth Street   |
| 9    | 2        | Robinson School                                      | 110 June Street       |
| 9    | 3        | Robinson School                                      | 110 June Street       |
| 10   | 1        | Christian Church of Restoration                      | 53 Blossom Street     |
| 10   | 2        | Faulkner Street Apartments, Lowell Housing Authority | Faulkner Street       |
| 10   | 3        | St. Anthony's Parish Hall                            | 920 Central Street    |
| 11   | 1        | Shaughnessy School                                   | 1170 Gorham Street    |
| 11   | 2        | J.G. Pyne School                                     | 145 Boylston Street   |
| 11   | 3        | J.G. Pyne School                                     | 145 Boylston Street   |



The City of Lowell Election Commission would like to thank our new community partners including the Lowell Housing Authority, Lowell Telecommunications, D'Youville Life and Wellness Community and the Christian Church of Restoration. All voters impacted these changes will be notified by mail prior to Election Day. Here is an updated list of all polling locations throughout the City of Lowell. Sign up for future alerts, notices, and broadcasts from the Election and Census Office via the following web page: <http://www.lowellma.gov/citymanager/neighborhood/Pages/General/City-Notifications.aspx>.

## Canine Parvovirus Outbreak

The City of Lowell would like to advise all residents of a possible outbreak of Canine Parvovirus. To date, there have been 15 confirmed cases over the past two weeks in Acre and Lower Highlands areas. Canine Parvovirus is a highly contagious viral disease that affects a dog's intestinal tract. It is transmitted by a dog having contact with the feces or vomit of an infected dog.

Unvaccinated dogs or those that have not had a recent vaccine are particularly at risk since this disease is highly contagious. The disease can survive for several months in the environment, and is also resistant to many disinfectants. Breeds at a higher risk include American Staffordshire Terriers, Rottweilers, Doberman Pinschers, Labrador Retrievers, and German Shepherds.

Symptoms include lethargy, vomiting, loss of appetite and bloody, foul-smelling diarrhea. If your dog is experiencing any of the symptoms, take him to a Veterinarian immediately. If untreated, the disease can be fatal. If your dog has NOT been vaccinated against Parvo virus or you are not sure when the dog was last vaccinated against Parvo virus please contact your Veterinarian immediately.



The City of Lowell is in the process of working with local Veterinarians and the Massachusetts Department of Agricultural Resources, Division of Animal Health on ways to contain this viral disease and prevent it from affecting other dogs.

We are asking all dog owners to take extra precautions. If your dog is sick, seek veterinary attention. Do not exercise a sick dog in public areas. Please be sure to clean up after your pet. More information can be found at: <http://vetmedicine.about.com/od/dogdiseasesconditions/a/CWParvo> Contact Lowell Animal Control with any questions or concerns: (978) 674-4277



Myrna and Earle Livingston, celebrated their 60th. wedding anniversary at a recent Friday afternoon social.

Here's wishing you many more years.

Photo by Art Toupin



Winners of the Horseshoe Playing Contest at the Annual Lowell Senior Center Outing:

Raymond Wilkins

And

Nick Pappas

## Household Hazardous Waste Day



Saturday, September 6th

9:00 am—1:00 pm

# **SPONSORS**

# **SPONSORS**

# SPONSORS

Friends of the Lowell Council on Aging, Inc.  
276 Broadway Street  
Lowell, MA 01854

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~ The official publication of the Lowell Senior Center ~

www.lowellma.gov/seniors



FUNDING FOR OUR NEWSLETTER IS PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE CITY OF LOWELL, THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

## **VOLUNTEER Tax Preparers NEEDED**

The AARP Foundation Tax-Aide program is looking for VOLUNTEER tax preparers in Lowell and area towns for the upcoming tax season. Volunteers should be proficient in the use of a computer and have

some experience preparing personal income tax returns. All volunteers must be able to participate in one week of new volunteer training in December, one week of all-

volunteer training in January, and volunteer at least 40 hours during the tax season (February through April). For more information, see <http://aarp.org/taxaide> or call Harry or Joan at 978-256-4601.



## **Open Enrollment**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015: it is important to review, understand and save this information.

During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make an appointment with a SHINE counselor, call 978-674-1172!

