



HERITAGE

Welcome to National Senior Center Month

Our national celebration of senior centers began in 1979, with Senior Center Week celebrated in May. The concept gained support of other aging organizations, as well as the full Senate and the House Select Committee on Aging.

Since then, thanks to the U.S. Conference of Mayors Aging Task Force, numerous mayoral proclamations have declared Senior Center Week. In 1985, NISC was instrumental in achieving the first Senior Center Week Presidential Proclamation signed by President Ronald Reagan. In 2007, NISC designated the entire month of September as Senior Center Month to give centers greater flexibility in scheduling celebratory events.

Tell Us Why Getting Older is Better!

Grandparents Day, Sept. 13, 2015

In 1970, Marian McQuade began a campaign to establish a special day of recognition for grandparents. Through her efforts, she reached out to the civic, business, faith, and political leaders and began a statewide campaign for Grandparents Day. In 1973, the first Grandparents Day was proclaimed in West Virginia by Governor Arch Moore. In 1978, the United States Congress passed legislation proclaiming the first Sunday after Labor Day as National Grandparents Day. President Jimmy Carter signed a presidential proclamation and thus began the observation of this special holiday.

Since 2010, Generations United has worked with President Barack Obama to bring awareness to Grandparents Day. In 2010 and 2011, President Obama issued presidential proclamations calling on Americans to “honor those who have helped shape the character of our Nation, and thank these role models for their immeasurable

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Celebrate LIFE at Your Senior Center!
 SEPTEMBER 2015

LEARNING Expand your knowledge

INDEPENDENCE Live on your terms

FRIENDS Enjoy life

ENERGY Discover health and vitality



National Senior Center Month

acts of love, care, and understanding.”
 Grandparents Day is a time to **Do Something Grand**. Generations United is calling on people of all ages to advocate on behalf of America’s future: our children and youth. Visit www.grandparentsday.org for more information.
 Enjoy the remainder of your summer!. Thank you.
 Michelle Ramalho

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 PM.  
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

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**Events / Trips Coordinator:**  
978-674-1169-Volunteer Carol Lannan

**Volunteer:** Sandra Breen  
978-674-1176~ sbreen@lowellma.gov

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Outreach Coordinator: Amy (Medina) Leal
978-674-1167 ~ aleal@lowellma.gov

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**Volunteer Coordinator:**  
978-674-1166

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Minority Outreach Coordinator: Linda Hin
978-674-1173 ~ Lhin@lowellma.gov

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**Outreach Volunteer:** John R. Lawlor  
978-674-1174 ~ Jlawlor@lowellma.gov  
Monday-Friday ~ Appt.. Hrs. 10 am - 3:40 pm

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Kitchen Staff—978-970-4132
Virginia Valdez & Karl Correa

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

Joan Gong 978-674-1172  
First come, First served, Mondays — 8:30 to 10:30 am

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Legal Services Assistance & Referrals
For an appointment call: 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 **6:30** 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

vacancy

Joyce Dastou

Andrew Hostetler

John R. Lawlor

Sidney Liang

Vincenzo Milinazzo

Suellen O'Neill

William Sheehan, Chair

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**Next meeting: Monday,  
September 14th at 9:00am**

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

**BOARD OF DIRECTORS**

**PRESIDENT**

Rita M. Mercier

**VICE PRESIDENT**

Dr. Joseph M. Downes Jr.

**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 978-674-1172

**Next meeting — Sept. 25th @
9:30 am
last Friday of the month**

LCOA Trips

The Motor Coach trips from Ayotte Garage are available for all ages 18-101! All Trips must be paid in full one month prior to travel date. LCOA policy: no refunds if you do not purchase insurance.

The office is now open from 6:00 a. m. to 2:00 p. m. Trip flyers available outside of 2nd floor of-
fice. Roger's Wednesday trips depart from the Ayotte Garage (no charge) unless noted otherwise.

DAY TRIPS

September 10, Thursday ... Voice of Legends at Lake Pearl Luciano's. Eric Kearns delivers more than 40 artists and their hit songs in a fast-paced, hour-long performance. His act includes vocal impersonations from artists who were popular from the 1920's through the 1970's. Hear the hit songs as they were originally recorded by famous singers like Frank Sinatra, Elvis Presley, Neil Diamond, Tom Jones, Dean Martin, Johnny Mathis, Bobby Vinton, Perry Como, Louis Armstrong, and so many more. Lunch is choice of Grilled Chicken Breast or Broiled Boston Scrod. Depart for home at 3:00 pm. Cost \$55. Bus departs at 9:30 am from the center.

September 23, Wednesday ... A Country & Western Jamboree at Newport Grand Casino. Jose Duddy is Maine's #1 country music singer & entertainer. In 1999, he won Traditional Male Vocalist of the US at the Show Boat Hotel & Casino in Las Vegas. Also a professional line dance instructor, Jose will conduct a session with anyone interested in learning or practicing their skills at some of the old favorites and today's popular line dances. Country dress is optional, but wear your line dancing shoes. "All You Can Eat" country buffet. Includes \$10 Free Slot Play. Depart for home at 4:30 pm. Cost \$69. Bus departs at 9:00 am from the center.

September 22, Tuesday ... The Beach Boys ultimate tribute show @ The Venus De Milo. Meal choice: Baked Chicken or Baked Scrod. Cost \$65. Roger's Bus Departs @ 9:15 am.

October 9, Friday..Hobo Railroad & Hart's Turkey Farm. Costs \$65.00.

October 7, Wednesday ... Newport playhouse & Cabaret "Odd Couple." Surf & Turf. The guys assemble for cards in the apartment of divorced Oscar Madison. Late to arrive is Felix Unger who has just been separated from his wife. Depressed, Felix seems suicidal, but it soon becomes clear that Oscar is the one with murder on his mind when the clean-freak and the slob decides to room together. Cost \$65. Roger's Bus Departs @ 9:15 from the George Ayotte Garage

October 21, Wednesday ... Italian Festival @ Danversport Yacht Club. Featuring: Frank Zarba & Ray Cavilcchio singing the music of Italy into our hearts. Meal choice: Chicken Parmesan Served on Penne Pasta or Baked Scrod. Cost \$65. Roger's Bus @ The George Ayotte Garage @ 9:15

November 12, Thursday ... Barbara & Frank @ The Venus De Milo. A sensational tribute to Sinatra and Streisand Meal choice: Stuffed Breast of Chicken or Baked Scrod. Cost \$70. Roger's Bus Departs @ 9:15 am.

December 1, Tuesday ... A Christmas Carol @ Demetri's. This new adaptation of Dickens' ever popular classic fills the stage with veteran Broadway actors, lush costumes, stunning sets, music, dance, and a timeless message. With beloved traditional carols of the season included, A Christmas Carol is an enchanting way to begin the holiday festivities. Cost \$70. Departs @ 9:15 am.

OVERNIGHT TRIPS

September 13-15, Sunday-Tuesday ... 3 Day Atlantic City Escape at the Tropicana. Includes: round trip motor coach transportation, 2 nights at the Tropicana Resort, \$30 slot play, 2 \$25 food credits, tax & baggage service. *Casino bonus subject to change without notice. Cost \$210 for double, \$300 for triple & \$289 for single.

October 8-10, Thursday—Saturday ... Break for Moose in the Mountains of Maine during the peak of Fall Foliage season. Stay at the Grand Summit Resort at Sunday River. Visit Maine's oldest & largest agricultural fair: the Fryeburg Fair. Enjoy a moose safari. Gondola ride to the top of North Peak.

Enjoy the heated outdoor swimming pool and Jacuzzi. View the Artist Bridge. Enjoy 4 meals: 2 breakfast buffets & 2 plated dinners. A \$50 deposit per person confirms reservation. Final payment due August 27. payment in full due if using credit card. Trip protection is available. Cost \$419 per person double occupancy or \$519 single occupancy. Depart George Ayotte garage. See flyer for more info!

October 28—November 4, Wednesday—

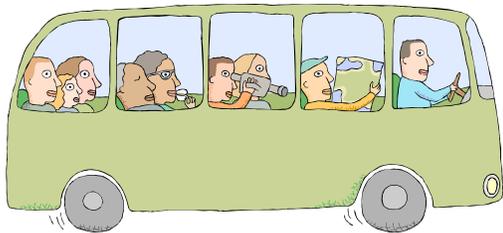
Wednesday ... Irish Splendor featuring Dublin, Blarney Castle/Stone, Killarney, Cliffs of Moher, and Dromoland Castle. 8 days, 10 meals (6 breakfasts, 4 dinners). Incls: round trip air from Logan Intl Airport, taxes, fees, surcharges, hotel transfers, St. Patrick’s Cathedral, Guinness Storehouse, beautiful landscapes, Whiskey Distillery. Cost \$3,149pp dbl, \$3,549 sgl, \$3,119pp tpl. Book by April 28, 2015 and save \$250 per person. **Passport required.**

**LOWELL COA WISHES
“HAPPY RETIREMENT” to:
Civic Events Director-Kathy Carroll
September 2003-August 2015**

The senior center is saying goodbye and best wishes on a healthy , happy, retirement for long time Civic Events Director, Kathy Carroll. Kathy retired last month. She will be enjoying time with family and friends. We thank her for several years of service at the senior center.



The Trips/Event office is now the first door on your left in the office hallway. There have been some office changes at the center. The Veteran’s offices are now located at the end of the hall and should be reached from the second hallway door. See reception.



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 September 1st

- Thursday ... 3rd ... Merrimack Outlets
- Monday ... 14th ... Old Orchard Beach, ME
- Thursday ... 17th ... Café Luigi’s & shopping, Bedford
- Monday ... 21st ... Hampton Beach
- Thursday ... 24th ... Kimball Farms
- Monday ... 28th ... IKEA shopping

October tickets on sale Sept 30th

- Thursday ... 1st ... Deerfield Fair (senior discount)
- Monday ... 5th ... Topsfield Fair (senior discount)
- Thursday ... 15th ... Frugal Fannies
- Monday ... 19th ... Haunted Happenings in Salem MA
- Monday.....26th.....Quincy Market, Boston, MA
- Thursday ... 29th ... Christmas Tree & Grand Buffet

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.



In memory of Mrs. Audrey A. McMahon

*Loving wife, mother, grandmother, great grandmother
Matriarch of a well-known Lowell Family*

Audrey, Mom, Nana, Mrs. Mac, Audsie, Aunt Aud – Audrey A. McMahon answered to all of these names to all who knew and loved her. She will be truly missed by her dear family, her many, many friends and associates, and all those she met along the way.

She was the best friend, high school sweetheart, and beloved wife of Robert J. McMahon, with whom she had celebrated 59 years of marriage.

Audrey Anne Lavoie was born in Lowell on January 4, 1939, a daughter of the late Edward and Dora (Pelletier) Lavoie. She was educated in Lowell Schools and was a graduate of Lowell High School, class of 1956. Audrey was a varsity cheerleader all four years at Lowell High.

She married the love of her life, Bob McMahon, on July 1, 1956 at The Sacred Heart Church in a double wedding ceremony shared with Bob's brother Gerald and Audrey's sister Frances. Audrey and Bob were blessed with a large loving family of one daughter and four sons. Their family grew in number to nine grandchildren and two great grandchildren. Family meant everything to Audrey, and she instilled in them the importance of time, appreciation, commitment, and values that make a strong family.

In her early years, Audrey had been employed as a Teacher's Aide at both the Rogers and Molloy Schools. In the late 1980's and into the early 1990's Audrey and Bob were the owners and proprietors of McMahon's Family Restaurant in Hollis, NH. She later worked for the City of Lowell in the Office of the City Clerk, where she was Clerk to the City Council Subcommittees. Most recently, Audrey was employed by the Lowell Senior Center as the Senior Volunteer Coordinator.

Audrey and her husband Bob were inseparable. You never saw one without the other. Their charitable work spanned decades. Audrey loved helping people in need. She was involved in countless charities and fundraising efforts throughout Lowell and the Merrimack Valley. Audrey and Bob were Salvation Army Bell Ringers every year during the Holiday Season. They were supporters and volunteers of the Lowell Folk Festival and Winterfest. Audrey was the Queen Mother of the M.V. Chapter of the Red Hat Society. For many years Audrey crocheted sweaters for family, friends, and many organizations.

Audrey loved a good party and a night out on the town with Bob. She also enjoyed trips to Foxwoods to try her luck. She was an avid cribbage player and played in several leagues including the Chelmsford Cribbage League and the Lowell PAV Cribbage League. Audrey also enjoyed playing cribbage up at the family camp in Barrington, NH, where she was known to all as Nana. Audrey held membership in the Lowell Lodge of Elks and the Lowell Council on Aging.

Audrey had a full heart of love for her family, but there was always room for the people she met along her journey through life.

Audrey is survived by her husband Bob; her daughter Doreen Burgess and her husband Lance of Lowell; her sons Robert McMahon and his wife Sheila of Lowell, Brian McMahon and his wife Erin of Lowell, Daniel McMahon and his partner Bill Robbins of Destin, FL, and Edward McMahon and his wife Victoria of Lowell; her nine grandchildren, Kaitlyn Shanley and her husband Bryan, Courtney Burgess, Esq. and her beau Michael Cappucci, Esq., Robert J. McMahon and his wife Meghan, Kristin McMahon and her beau Brian Pultar, Alysia McMahon, Kaleigh McMahon, Lyndsey McMahon, Eddie McMahon, Jr., and Colby McMahon; two great granddaughters, Vivian Shanley and Riley McMahon; her sisters Frances McMahon and her husband Gerald, and Linda Rooney and her husband Robert; her brother Leo "Buck" Lavoie.

She is also survived by her sisters-in-law, Rita Burk, Esther Peavey, Irene Shaughnessy, Shirley Mello, and Cindy McMahon; many nieces, nephews, and cousins including Jerry, Judy, Paula, and the late Ellen; and friends far too many to name or number.

Audrey was the sister of the late Edward "Sonny" Lavoie and Marie Dupuis, and sister-in-law of the late Betty Lavoie, Rita Lavoie, Raymond Dupuis, Edward Burk, Alden Peavey, Robert Shaughnessy, Leo Mello, Francis J. "Mac" McMahon, George McMahon, and Beverly and Edward "Ned" Flood.

The McMahon Family would like to gratefully acknowledge the staff at D'Youville for the exceptional care given to Audrey.

Audrey A. McMahon

COA Volunteer Coordinator (April 21, 2008 – July 29, 2015)

Mrs. Audrey McMahon was an amazing woman. She had a huge heart and loved to help people. The COA will miss her immensely. Audrey worked closely with all COA volunteers, including the Knitting and Crocheting group. She was the liaison between the COA, volunteers, and many local agencies, where she made donations of hats, mittens, blankets, to include: Cancer patients, Lowell General newborns and Nursing homes. Rest in peace, Audrey. We will miss you.



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 Christo-

pher Streeter—Hearing Testing, Hearing Instrument Testing. 4th Wednesday of each Month from 9—11 am in Board Room. Please call 978-674-1172 for appointment.

Diabetic Shoes with Steven Carrucci

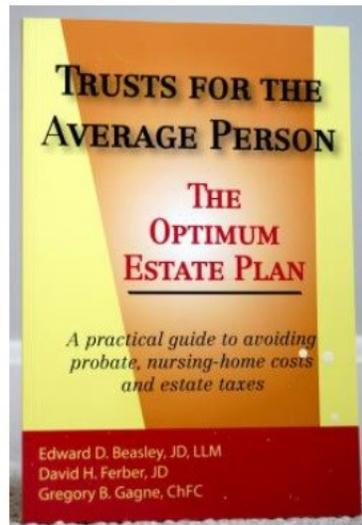
2nd Tuesday of each month, please call 1-978-758-5378.

Beasley & Ferber Free Estate-planning Seminar

Thursday, October 8th, 2015

from 1:00—3:00 pm

"At this free legal seminar, Elder Law Attorney Edward "Ted" Beasley will discuss how to protect your house and lifetime of savings from a prolonged nursing-home stay, how to avoid probate, plus strategies for passing assets safely and efficiently. Attorney Beasley, former chairman of the American Bar Association Elder Law Committee, presents this lively and engaging seminar in everyday language, and there will be plenty of time for questions. Special guest Gregory Gagne of Affinity Investment Group will present his top financial planning tips. Join us Thursday, Oct. 8th at the Lowell Senior Center from 1:00 -3:00 p.m. Please call 1-800-370-5010 to register for this FREE program.



Receive a free copy of our book!

Co-Author **Gregory Gagne** will offer his top financial planning tips.

Getting Fit & Staying Fit

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!)



YOGA

with Diana Kyricos

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

Diana@atmamoves.com



Mah-Jong

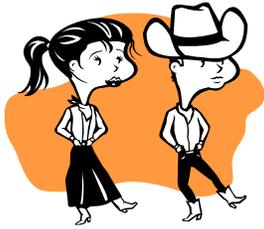


Mondays

12:00—3:00 pm

Country Line Dancing

with Marcella Groulx

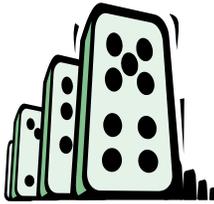


Tuesdays
10:00 am—
12:00 pm

\$5.00

Dominoes

If you are inter-
ested, please see
Charlotte Landry



Tuesdays
9:00—11:00 am

Hawaiian Hula Dance Lessons

with Kim Stevens



Mondays
10:00 am

Good for joints
And FUN!



Lowell Senior Center
276 Broadway St, Lowell
Friday, September 11
5:00-8:00 pm

Survivorship Day Celebrating the Spirit of Cancer Survivors

Cancer Survivor Stories • Food
Candlelight Ceremony • Music
Raffles • Door Prizes
and much more!

For more information call Meg Lemire-Berthel, MSW
978-937-6142



Complete connected care™

Sponsored by the Cancer Center at Lowell General Hospital.

Quilting Lessons



Newcomers' wel-
come!



Wednesdays
12:30—3:00 pm

TAI CHI



Tuesdays 10:15 am & Fridays 10:00 am
8 weeks for \$24 or walk-ins \$5 per class

Helps with: Arthritis, strengthening the Im-
mune 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!



Annual Outing 2015



Card Making Class

First come, first served basis.
RSVP to reserve your spot.
See Tara.

Wednesday, September 16
9:30 am



YOGA for VETs

with Diana Kyricos
Wednesday's
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

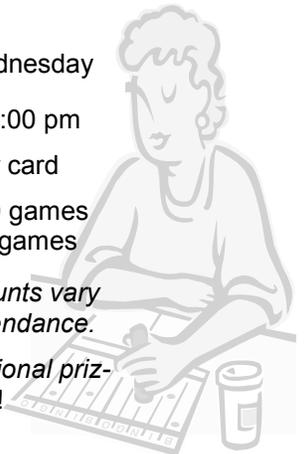
50¢ per card

6 \$100 games

10 \$40 games

Prize amounts vary due to attendance.

PLUS additional prizes!



All of us at the Lowell Senior Center would like to thank the following donor's, for donating to the Annual Lowell Senior Outing:

All Sports Promotions-2 gift baskets w/ spinners game tickets and cooler
Wingate of Lowell-Dessert for #200 people

Northwood-#2 -\$15.00-gift certificates Rite Aid/#2-\$15.00- Market Basket

Holy Ghost Park for allowing the COA outing to be held at their facility

Youth-build Volunteers and the Career Center summer staff

And all of our amazing senior volunteers!!!!

COA Charles (Chuck Kuenzler) for cooking the delicious BBQ chicken dinner!

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## **Should you get vaccinated at a pharmacy?**

You're picking up a few household items at the pharmacy and spot a sign for on-site vaccinations. Would getting vaccinated at a pharmacy be a reasonable move? Yes. It's a safe, convenient way to keep up to date on your immunizations, and may save you a trip to the doctor. What's more, pharmacists are trained in immunization technique and practice giving shots regularly.

CVS, Rite Aid, Walgreens, and other chains, as well as some independents, offer more than the flu shot – they also administer Centers for Disease Control and Prevention-approved vaccines, including hepatitis A and B, pneumonia, polio, shingles, Tdap (tetanus, diphtheria and pertussis), and varicella (chickenpox). And many also offer travel immunizations for meningitis, typhoid, yellow fever, and other diseases.

While many pharmacies require no appointment and only ask that you complete a consent form (which includes questions about your medical history and authorizes the release of your health care provider and insurers), rules and vaccine availability vary by state—so call ahead before you drop in.

As at your doctor's office, most pharmacies will file with your insurance, and under the Affordable Care Act, insurers are required to cover most immunizations for adults and children, so you probably won't be charged. When in doubt, you or your pharmacist should check first with your insurer. Note, too, that your insurance plan may have age limitations, for example, most plans will not cover the shingles vaccines for adults under age 60. If you're paying out-of-pocket, know that prices vary depending on the pharmacy, just as they do at your doctor's office. For example, you'll pay \$85 for the pneumonia vaccine at CVS and Target, but just \$73 at Costco pharmacies. And the dual Hepatitis A and B vaccine costs \$169 at Target, and \$114 at Walmart. Ask your pharmacist to forward information about your vaccinations to your doctor's office so that it can be added to your medical record.

An added perk for getting vaccinated at the pharmacy: CVS, Walgreens, and other chains offer loyalty programs (it's free to sign up) that earn you rewards for each vaccination you get, and those reward points add up to discounts on other store purchases. Sign up online or at the pharmacy counter.

If you are uninsured or paying out-of-pocket, many of the same statewide free health clinics and community health centers that provide preventative care offer free or low-cost vaccinations.

## **Anxiety Support Group**

with Steve Coupe

Fridays  
2:00—3:45 pm



## **Fallon Navicare Information Table**

Monday, September 21st  
10:00 am-12:00 pm

Representatives from the Fallon's Navicare program will be available to answer any questions that you may have about these products.

Whether you are a current member or someone needing coverage- stop by and learn more!



| MONDAY                                                                                                                                                                                                                                                                                                                                                       | TUESDAY                                                                                                                                                                                                                                                                                                | WEDNESDAY                                                                                                                                                                                                                                                                                                     | THURSDAY                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                              |
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| <p>7. CLOSED</p>                                                                                                                                                                                                                                                          | <p>1. 7-9 Breakfast Program 50¢<br/>10-12 LPD drop-in<br/>10:15-11 Tai Chi<br/>10-12 Commonwealth Nursing<br/>10-12 Country Line Dancing<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>12-3:45 Cribbage<br/>12-3 Knitting &amp; Crochet<br/>1-3—Picture IDs \$3</p>                           | <p>2. 7-9 Breakfast Program 50¢<br/>8:30 Getting Fit w/Marian<br/>8:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure with Albert Gauthier, RNPB<br/>NO Yoga for Seniors<br/>NO Yoga for Vets<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p>                                      | <p>3. 7-9 Breakfast Program 50¢<br/>9:00 Getting Fit w/Marian<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 CTI Bone Builders B</p>  | <p>4. 7-9 Breakfast Program 50¢<br/>9:30 Personal Computer/ Tablet Assistance<br/>10:00 Tai Chi<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>NO Senior Social \$1.00<br/>NO Anxiety Support Group with Steve Coupe</p>                                                        | <p>7. CLOSED</p>                                                                                                                                                                                                                                                          | <p>8. 7-9 Breakfast Program 50¢<br/>8-10 LVNA Blood Pressure<br/>8:00 CTI meeting<br/>10-12 LPD drop-in<br/>NO Country Line Dancing<br/>10:15-11 Tai Chi<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>12-3:45 Cribbage<br/>12-3 Knitting &amp; Crochet<br/>1-3—Picture IDs \$3</p>           | <p>9. 7-9 Breakfast Program 50¢<br/>8:30 Getting Fit w/Marian \$2<br/>8:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure with Albert Gauthier, RNPB<br/>10-11 Yoga for Seniors \$5<br/>11:15-12 Yoga for Vets \$5<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p>                 | <p>10. 7-9 Breakfast Program 50¢<br/>9:00 Getting Fit w/Marian<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 CTI Bone Builders B</p> | <p>11. 7-9 Breakfast Program 50¢<br/>9:00 Veterans Breakfast<br/>9:30 Personal Computer/ Tablet Assistance<br/>10:00 Tai Chi<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>14. 7-9 Breakfast Program 50¢<br/>8:30-10:30-SHINE councilor<br/>8:30 CTI Bone Builders A<br/>9:00 Council on Aging Board of Director's meeting<br/>9:00 Getting Fit w/Marian<br/>10:00 Hula Dancing w/ Kim<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Bid Whist Cards<br/>12-4 MAH-JONG<br/>1:00 Choral Group Rehearsal<br/>1:45 CTI Bone Builders B</p> | <p>15. 7-9 Breakfast Program 50¢<br/>Lifeline Screening<br/>10-12 LPD drop-in<br/>10-12:30 LVNA Blood Pressure<br/>10-12 Country Line Dancing<br/>10:15-11 Tai Chi<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>12-3:45 Cribbage<br/>12-3 Knitting &amp; Crochet<br/>1-3—Picture IDs \$3</p> | <p>16. 7-9 Breakfast Program 50¢<br/>8:30 Getting Fit w/Marian<br/>8:30 CTI Bone Builders A<br/>9:30 Card-making Class<br/>9:30-11:30 Blood Pressure with Albert Gauthier, RNPB<br/>10-11 Yoga for Seniors<br/>11:15-12 Yoga for Vets<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p> | <p>17. 7-9 Breakfast Program 50¢<br/>9:00 Getting Fit w/Marian<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 CTI Bone Builders B</p> | <p>18. 7-9 Breakfast Program 50¢<br/>9:30 Personal Computer/ Tablet Assistance<br/>10:00 Tai Chi<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>011:45 Wii Games<br/>10-3pm-Dinner Dance-\$7.00<br/>-DJ David Garnick-Spaghetti and meatballs<br/>2-3:45 Anxiety Support Group with Steve Coupe</p> |
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| <p>28.<br/>7-9 Breakfast Program 50¢<br/>8:30-10:30-SHINE councilor<br/>8:30 CTI Bone Builders A<br/>9:00 Getting Fit w/Marian<br/>10:00 Hula Dancing w/ Kim<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Bid Whist Cards<br/>12-4 MAH-JONG<br/>1:00 Choral Group Rehearsal<br/>1:45 CTI Bone Builders B</p> | <p>29.<br/>7-9 Breakfast Program 50¢<br/>10-12 LPD drop-in<br/>10-12 Country Line Dancing<br/>10:15-11 Tai Chi<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>12 NOON Brown Bag Pick Up<br/>Noon12-3:45 Cribbage<br/>12-3 Knitting &amp; Crochet<br/>1-3—Picture IDs \$3</p>                             | <p>30.<br/>7-9 Breakfast Program 50¢<br/>8:30 Getting Fit w/Marian<br/>8:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure<br/>with Albert Gauthier, RNBP<br/>10-11 Yoga for Seniors<br/>11:15-12 Yoga for Vets<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p> |                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                     |                                                  |

SPONSORS



# Lunch Menu



**Lunch is served at 11:30 am.** A donation of \$2.00. **Menu subject to change.**

Lunch Tickets are available daily until 10:30 am. 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. Stuffed Shells, Calif. Blend veggies, wheat bread, apples              | 2. Roast pork, potatoes, carrots, wheat roll, juice, pudding                   | 3. Liver & Onions, potatoes, corn, wheat bread, apricots         | 4. Fish Cakes, potatoes, green beans, wheat bread, pears              | 5. Pork Pie, mixed veggies, wheat bread, apricots            |
| 6. Roast Turkey, stuffing, potatoes, peas, gravy, wheat roll, peaches | 7. CLOSED<br>LABOR DAY                                                   | 8. Chicken Salad, Pasta Salad, 3-Bean Salad, rolls, pineapples            | 9. Salisbury Steak, potatoes, waxed beans, dinner roll, mixed fruit            | 10. Chicken ala King, rice, wheat bread, juice, pudding          | 11. Potato Crunch Fish, French fries, peas, rolls, apricots           | 12. Chicken Fritters, carrots, wheat bread, pears            |
| 13. Ham, sweet potatoes, peas, wheat bread, apples                    | 14. Swedish Meatballs, pasta, green beans, wheat roll, oranges           | 15. Pork Chops, creole sauce, potatoes, carrots, wheat bread, fruit salad | 16. Chicken Legs, Winter blend veggies, potatoes, wheat bread, peaches         | 17. Hot Dog & Beans, coleslaw, hot dog roll, juice, pudding      | 18.<br>DINNER DANCE<br><br>Spaghetti & Meatballs, salad, garlic bread | 19. Hamburg Patties, potatoes, rye bread, peas, apricots     |
| 20. Roast Pork, potatoes, green beans, wheat bread, fruit             | 21. American Chop Suey, beets, garlic bread, pineapples                  | 22. Cheese Ravioli, spinach, wheat bread, apricots                        | 23. Roast Turkey, stuffing, potatoes, peas, gravy, wheat bread, pears          | 24. Chicken Fajita strips, rice, carrots, wheat bread, pineapple | 25. Fish Sticks, potatoes, French fries, green beans, wheat bread,    | 26. Veggie Lasagna, green beans, garlic stick, juice, cookie |
| 27. Roast Beef, potatoes, peas, rye bread, apricots                   | 28. Chicken Cacciatore, white rice, peas & carrots, wheat bread, oranges | 29. Shepard's Pie, beets, wheat bread, juice, apricots                    | 30. Chicken Patties, rice, gravy, potatoes, wax beans, wheat roll, mixed fruit |                                                                  |                                                                       |                                                              |

### Free Transportation to Center

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.

### Grocery Trips to Market Basket

Tuesdays and Fridays (2-bag limit). Call 978-674-1172 within 48 hours before your requested day. Call Monday through Friday from 9:00 am to 3:00 pm to schedule your ride. Seniors are eligible if you do not have a vehicle and are 60 or older.

## Can't Sleep? What to do About Insomnia

**Aging and sleep** Changes to sleep patterns are a normal part of the aging process. Many older adults have difficulty falling or staying asleep. But your need for sleep doesn't decline as you get older. Take a look at the symptoms listed below and if you think you may have a sleep problem, talk to your doctor.

**What is insomnia?** Insomnia affects almost half of adults 60 years and older. Insomnia is a sleep problem that can cause people to have trouble falling asleep, staying asleep, or not feeling rested when they wake up. Insomnia is not about the number of hours of sleep a person gets. Everyone's sleep needs are different.

What can you do? 12 tips for sleeping better

- ◆ Sleep only long enough to feel rested, then get out of bed
- ◆ Avoid forcing sleep—if you cannot fall asleep in 20 minutes, get up, go to another room and read or find another relaxing activity until you feel sleepy again
- ◆ Go to bed at the same time and get up at the same time each day—even weekends
- ◆ Have coffee, tea, and other foods that have caffeine only in the morning
- ◆ Solve problems before going to bed
- ◆ Avoid alcohol in the evening and before bed
- ◆ Avoid smoking, especially in the evening
- ◆ Exercise regularly for at least 20 minutes— preferably 4-6 hours prior to bedtime
- ◆ Adjust bedroom environment—keep room cool, quiet and dark
- ◆ Avoid television, electronic devices, eating and working in bed
- ◆ Keep a log of your sleep habits to share with your doctor
- ◆ Talk to your doctor to figure out what may be causing your problems with sleep

What are some of the causes?

| <b>Physical</b>           | <b>Mental</b>          | <b>Medications &amp; Substances</b> |
|---------------------------|------------------------|-------------------------------------|
| Cardiovascular problems   | Anxiety                | Caffeine                            |
| Bladder/prostate problems | Depression             | Alcohol                             |
| Joint disease/pain        | Death of spouse        | Nicotine                            |
| Epilepsy                  | Death of family member | Some antidepressants                |
| Dementia/Alzheimer's      | Stress                 | Stimulants                          |
| Sleep Apnea               |                        | Diuretics (water pills)             |

Are there medications to treat insomnia?

You should always discuss the potential benefits of medications versus the risks (side effects) with your doctor. There are drugs that help with insomnia but should only be tried after you try the techniques described on this page. You should also not use sleep medications every night for long periods of time. Otherwise, you can become dependent upon them for sleep.

### Tufts Medicare Preferred Information Table

Check back for the next date & time!

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 & Don

Fridays 9:30—11:30 am

Virus Clean-up on the last Friday of the Month by appointment



### 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...

## FRIENDS OF LOWELL COUNCIL ON AGING RAFFLE WINNERS

### CONGRATULATIONS TO SENIOR OUTING TABLET WINNER DORIS SANTOS

\*\*\*\*\*

Dear Friend Members, We are once again asking for your help to raise money to fill the financial gap between the city funding and the needs that are not budgeted. This money will greatly help to service the seniors and accomplish the goal on behalf of your safety and well-being. Calendars will be \$5.00 per calendar and you will have 30 chances to win. There will be a drawing every day in the month of September 2015!

### “HORN OF PLENTY”

### 30 CHANCES TO WIN!

The Board of Directors would like to thank you for your continued support. Please call (978) 970-4131 or see a Friends Board member for calendars.

## Fall/Autumn

Find the words in this grid. Words can go horizontal, vertical and diagonal.

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| R | C | E | R | T | L | K | X | R | E | R | Y | C | N | G | V | T | Q |
| J | L | P | W | Q | N | B | H | L | E | D | P | I | O | P | P | M | P |
| C | L | T | H | W | M | Q | P | A | C | B | K | R | D | R | P | R | F |
| R | A | E | Y | K | V | P | R | C | R | P | M | W | F | F | N | H | F |
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| R | Y | W | L | N | W | K | Z | Z | C | E | H | K | O | R | O | B | B |
| Y | W | L | N | C | M | R | Y | V | A | J | T | M | L | N | K | O | N |
| R | A | P | C | H | E | S | T | N | U | T | S | T | T | M | G | T | N |
| H | X | L | C | Y | J | K | S | E | V | A | E | L | S | K | K | C | D |
| T | H | A | N | K | S | G | I | V | I | N | G | R | K | A | M | O | M |
| Q | A | L | R | L | V | W | L | R | T | G | B | N | C | Q | E | K | H |
| M | Y | S | C | A | R | E | C | R | O | W | N | B | N | M | Y | F | M |
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- |                |              |              |
|----------------|--------------|--------------|
| ACORN          | FOOTBALL     | OCTOBER      |
| APPLE          | HALLOWEEN    | PUMPKIN      |
| CHESTNUTS      | HARVEST      | SCARECROW    |
| CORN           | HARVEST MOON | SEASON       |
| CRANBERRY      | HAY          | SEPTEMBER    |
| CRISP          | HAYRIDE      | THANKSGIVING |
| FALLING LEAVES | LEAVES       | TURKEY       |
| FEAST          | NOVEMBER     |              |

Answers page 4

The Frances Gate House  
 Tenant Council is having their  
 yearly yard sale and bake sale on  
 Sep 19 from 10:00 to 3:00 at 735  
 Broadway Street in Lowell.  
 Come and join us!





**UPDATE**

Solid Waste & Recycling Office  
 Lowellrecycle.org 978-446-7277

In an effort to control overflowing litter barrel complaints, the SW&R Office is coordinating efforts with Code Enforcement (DPD), the Parks Dept. and Waste Management.

Most 'overflow' complaints are a direct result of improper disposal (illegal dumping) of household or business trash in city-owned litter barrels.

The 250 Downtown and 450 Parks barrels are emptied by WM on either Tu/Th or M-W-F schedules...

Disposing of household or business trash in litter barrels carries a \$200 fine.

Please assist our efforts by reporting overflowing barrels to the SW&R Hotline: 978-674- 4309 or recycle@Lowellma.gov



There is a new scam to get personal medical information to falsely bill the government (Medicare). The impersonator used the name of the COA director in that town. The impersonator asked "a few questions" (their doctor, their meds and their Medicare number). The elder refused the last request and hung up (and then called the COA to complain about the director).

Please remember that NO ONE WILL CALL AND ASK FOR YOUR MEDICARE NUMBER! JUST HANG UP! If possible, get the phone number from the telephone screen and contact your local police.



**“ASK THE OFFICER”**

The Lowell Police Department has a new Police officer at the senior center: George Asamoah—along with our veteran liaison, Sharon Callery.

They are available for a private consultation most Tuesdays from 10:00 am to 12:00 noon. Call 978-674-1167 during this time to check if they are available.



**THE SENIOR CENTER'S  
 NEW EMERGENCY GENERATOR**  
 A SPECIAL THANK YOU TO THE City of Lowell Administration, Ralph Snow/DPW and Steve Coutu/Electrical Dept.



## Healthy Aging

Aging, disease and disability are often thought of together, an inevitable part of growing old. Fortunately, this is not true! While we all do age, disease and disability are mostly due to the physiological stresses our bodies encounter over the years.

There are many steps we can take to reduce these stresses as we age and therefore decrease disease and disability, improve our health, and maintain a healthy and active lifestyle in our elder years.

The National Institute on Aging recommends five key areas we should focus on as we age:

- ◆ Eating a balanced diet
- ◆ Keeping an active mind and body
- ◆ If you smoke, quit
- ◆ Making a transportation plan
- ◆ Get regular checkups with your doctor

Practicing any of these five habits individually can decrease your risk of physical disability and memory loss as you get older, but the positive impact becomes even more significant when you practice all of these recommendations together.

Make sure you keep up-to-date with your vaccines, and if you're not sure if your immunizations are current, talk to your doctor. Here are some important vaccines to consider:

- **Influenza** – get your flu shot every fall! Every year the flu (along with pneumonia) is in the top 10 causes of death
- **Tdap** (tetanus, diphtheria, and pertussis), which you should have every 10 years
- **Shingles vaccine** – recommended after age 60. Since the majority of older Americans had chickenpox as children, millions of people are vulnerable to shingles. If you already had shingles, you are more at risk to get it again, so talk to your doctor about when to get a shingles shot.
- **Pneumonia** – there are now two shots for pneumonia, administered after you turn 65 years old and given a year apart

There is no way to stop the aging process, but if you take care of your body by exercising and eating healthy, build and maintain a social support network, develop a sense of purpose by volunteering or participating in a hobby, and keep a positive attitude, you'll be well on your way to enjoying a long, happy and healthy life.

## Android Phones

## Susceptible to Hacking

If you have an Android phone, your phone is probably susceptible to a serious hack.

What is it? An alleged flaw appears to allow hackers to gain access to your phone by placing malware (malicious software) on your phone simply by sending a text message with media (photos, audio, or videos). Once the malware is on the phone, a hacker may be able to gain control of your phone to wipe the device, access your apps, or even turn on your camera. How does the malware get on my phone?

All hackers need is your phone number to be able to send you a text laden with malware. Because Android processes media immediately once it is received, the phone can be infected even if you do not open the text message or download anything.

Is your phone susceptible? If you have an Android operating system from the last five years, your phone is probably susceptible. CNN Money reports that security professionals estimate that 95% of Android phones are at risk.

What do you do? The best thing you can do is make sure you install any new updates to your phone. Installing updates is one of the best ways to limit your risk to hacking or malware because it ensures your phone (or computer) has the latest patches and security features. But Google, which develops the Android operating system, likely cannot push out a system update directly to your phone. Because Android is merely an operating system used by various smartphone manufacturers, according to NPR's report on this issue, it will be up to the manufacturer or wireless provider to push out the update. If and when they do, be ready to update your phone.

Also, do not post your phone number online or in publicly accessible places. For this hack to work, hackers just need your number. And if you have kids with phones, tell them not to post their phone numbers online, either.

Who can I contact? If you think you've been a victim of a scam, contact your local police department, the Attorney General's Office, and the Federal Trade Commission. Visit our website at [www.mass.gov/consumer](http://www.mass.gov/consumer) or contact our Consumer Information Hotline at (617) 973-8787 for more information on how to react to scams and identity theft.

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# Save the Date!



## 4th Annual Harvest Festival

### September 26th, 2015

This year's Harvest Festival will take place on Saturday, September 26th at our newest Community Garden at North Common! Join us in celebrating the bounty of our local farms and gardens this fall!